

Tablette Barème CSI

RS = Record Suisse
MPS = Meilleure Performance Suisse
SM = Standard des médailles CS

100 km				50 km/50'000m.				35 km				20 km/20'000m.				10'000 m															
11:50:00	0	11:07:00	172	10:24:00	344	09:41:00	516	05:30:00	0	04:47:00	258	04:04:00	516	03:50:00	0	03:07:00	258	02:00:00	0	01:49:15	172	01:38:30	344	01:27:45	516	60:00	0	52:50	258	45:40	516
11:49:00	4	11:06:00	176	10:23:00	348	09:40:00	520	05:29:00	6	04:46:00	264	04:03:00	522	03:49:00	6	03:06:00	264	01:59:45	4	01:49:00	176	01:38:15	348	01:27:30	520	59:50	6	52:40	264	45:30	522
11:48:00	8	11:05:00	180	10:22:00	352	09:39:00	524	05:28:00	12	04:45:00	270	04:02:00	528	03:48:00	12	03:05:00	270	01:59:30	8	01:48:45	180	01:38:00	352	01:27:15	524	59:40	12	52:30	270	45:20	528
11:47:00	12	11:04:00	184	10:21:00	356	09:38:00	528	05:27:00	18	04:44:00	276	04:01:00	534	03:47:00	18	03:04:00	276	01:59:15	12	01:48:30	184	01:37:45	356	01:27:00	528	59:30	18	52:20	276	45:10	534
11:46:00	16	11:03:00	188	10:20:00	360	09:37:00	532	05:26:00	24	04:43:00	282	04:00:00	540	03:46:00	24	03:03:00	282	01:59:00	16	01:48:15	188	01:37:30	360	01:26:45	532	59:20	24	52:10	282	45:00	540
11:45:00	20	11:02:00	192	10:19:00	364	09:36:00	536	05:25:00	30	04:42:00	288	03:59:20		03:45:00	30	03:02:00	288	01:58:45	20	01:48:00	192	01:37:15	364	01:26:30	536	59:10	30	52:00	288	44:50	546
11:44:00	24	11:01:00	196	10:18:00	368	09:35:00	540	05:24:00	36	04:41:00	294			03:44:00	36	03:01:00	294	01:58:30	24	01:47:45	196	01:37:00	368	01:26:15	540	59:00	36	51:50	294	44:40	552
11:43:00	28	11:00:00	200	10:17:00	372	09:34:00	544	05:23:00	42	04:40:00	300			03:43:00	42	03:00:00	300	01:58:15	28	01:47:30	200	01:36:45	372	01:26:00	544	58:50	42	51:40	300	44:30	558
11:42:00	32	10:59:00	204	10:16:00	376	09:33:00	548	05:22:00	48	04:39:00	306			03:42:00	48	02:59:00	306	01:58:00	32	01:47:15	204	01:36:30	376	01:25:55		58:40	48	51:30	306	44:20	564
11:41:00	36	10:58:00	208	10:15:00	380	09:32:00	552	05:21:00	54	04:38:00	312			03:41:00	54	02:58:00	312	01:57:45	36	01:47:00	208	01:36:15	380			58:30	54	51:20	312	44:10	570
11:40:00	40	10:57:00	212	10:14:00	384	09:31:00	556	05:20:00	60	04:37:00	318			03:40:00	60	02:57:00	318	01:57:30	40	01:46:45	212	01:36:00	384			58:20	60	51:10	318	44:00	576
11:39:00	44	10:56:00	216	10:13:00	388	09:30:00	560	05:19:00	66	04:36:00	324			03:39:00	66	02:56:00	324	01:57:15	44	01:46:30	216	01:35:45	388			58:10	66	51:00	324	43:50	582
11:38:00	48	10:55:00	220	10:12:00	392	09:29:00	564	05:18:00	72	04:35:00	330			03:38:00	72	02:55:00	330	01:57:00	48	01:46:15	220	01:35:30	392			58:00	72	50:50	330	43:40	588
11:37:00	52	10:54:00	224	10:11:00	396	09:28:00	568	05:17:00	78	04:34:00	336			03:37:00	78	02:54:00	336	01:56:45	52	01:46:00	224	01:35:15	396			57:50	78	50:40	336	43:30	594
11:36:00	56	10:53:00	228	10:10:00	400	09:27:00	572	05:16:00	84	04:33:00	342			03:36:00	84	02:53:40		01:56:30	56	01:45:45	228	01:35:00	400			57:40	84	50:30	342	43:20	600
11:35:00	60	10:52:00	232	10:09:00	404	09:26:00	576	05:15:00	90	04:32:00	348			03:35:00	90			01:56:15	60	01:45:30	232	01:34:45	404			57:30	90	50:20	348	43:10	606
11:34:00	64	10:51:00	236	10:08:00	408	09:25:00	580	05:14:00	96	04:31:00	354			03:34:00	96			01:56:00	64	01:45:15	236	01:34:30	408			57:20	96	50:10	354	43:00	612
11:33:00	68	10:50:00	240	10:07:00	412	09:24:00	584	05:13:00	102	04:30:00	360			03:33:00	102			01:55:45	68	01:45:00	240	01:34:15	412			57:10	102	50:00	360	42:50	618
11:32:00	72	10:49:00	244	10:06:00	416	09:23:00	588	05:12:00	108	04:29:00	366			03:32:00	108			01:55:30	72	01:44:45	244	01:34:00	416			57:00	108	49:50	366	42:40	624
11:31:00	76	10:48:00	248	10:05:00	420	09:22:00	592	05:11:00	114	04:28:00	372			03:31:00	114			01:55:15	76	01:44:30	248	01:33:45	420			56:50	114	49:40	372	42:30	630
11:30:00	80	10:47:00	252	10:04:00	424	09:21:00	596	05:10:00	120	04:27:00	378			03:30:00	120			01:55:00	80	01:44:15	252	01:33:30	424			56:40	120	49:30	378	42:20	636
11:29:00	84	10:46:00	256	10:03:00	428	09:20:00	600	05:09:00	126	04:26:00	384			03:29:00	126			01:54:45	84	01:44:00	256	01:33:15	428			56:30	126	49:20	384	42:10	642
11:28:00	88	10:45:00	260	10:02:00	432	09:19:00	604	05:08:00	132	04:25:00	390			03:28:00	132			01:54:30	88	01:43:45	260	01:33:00	432			56:20	132	49:10	390	42:04.39	
11:27:00	92	10:44:00	264	10:01:00	436	09:18:00	608	05:07:00	138	04:24:00	396			03:27:00	138			01:54:15	92	01:43:30	264	01:32:45	436			56:10	138	49:00	396		
11:26:00	96	10:43:00	268	10:00:00	440	09:17:00	612	05:06:00	144	04:23:00	402			03:26:00	144			01:54:00	96	01:43:15	268	01:32:30	440			56:00	144	48:50	402		
11:25:00	100	10:42:00	272	09:59:00	444	09:16:00	616	05:05:00	150	04:22:00	408			03:25:00	150			01:53:45	100	01:43:00	272	01:32:15	444			55:50	150	48:40	408		
11:24:00	104	10:41:00	276	09:58:00	448	09:15:32		05:04:00	156	04:21:00	414			03:24:00	156			01:53:30	104	01:42:45	276	01:32:00	448			55:40	156	48:30	414		
11:23:00	108	10:40:00	280	09:57:00	452			05:03:00	162	04:20:00	420			03:23:00	162			01:53:15	108	01:42:30	280	01:31:45	452			55:30	162	48:20	420		
11:22:00	112	10:39:00	284	09:56:00	456			05:02:00	168	04:19:00	426			03:22:00	168			01:53:00	112	01:42:15	284	01:31:30	456			55:20	168	48:10	426		
11:21:00	116	10:38:00	288	09:55:00	460			05:01:00	174	04:18:00	432			03:21:00	174			01:52:45	116	01:42:00	288	01:31:15	460			55:10	174	48:00	432		
11:20:00	120	10:37:00	292	09:54:00	464			05:00:00	180	04:17:00	438			03:20:00	180			01:52:30	120	01:41:45	292	01:31:00	464			55:00	180	47:50	438		
11:19:00	124	10:36:00	296	09:53:00	468			04:59:00	186	04:16:00	444			03:19:00	186			01:52:15	124	01:41:30	296	01:30:45	468			54:50	186	47:40	444		
11:18:00	128	10:35:00	300	09:52:00	472			04:58:00	192	04:15:00	450			03:18:00	192			01:52:00	128	01:41:15	300	01:30:30	472			54:40	192	47:30	450		
11:17:00	132	10:34:00	304	09:51:00	476			04:57:00	198	04:14:00	456			03:17:00	198			01:51:45	132	01:41:00	304	01:30:15	476			54:30	198	47:20	456		
11:16:00	136	10:33:00	308	09:50:00	480			04:56:00	204	04:13:00	462			03:16:00	204			01:51:30	136	01:40:45	308	01:30:00	480			54:20	204	47:10	462		
11:15:00	140	10:32:00	312	09:49:00	484			04:55:00	210	04:12:00	468			03:15:00	210			01:51:15	140	01:40:30	312	01:29:45	484			54:10	210	47:00	468		
11:14:00	144	10:31:00	316	09:48:00	488			04:54:00	216	04:11:00	474			03:14:00	216			01:51:00	144	01:40:15	316	01:29:30	488			54:00	216	46:50	474		
11:13:00	148	10:30:00	320	09:47:00	492			04:53:00	222	04:10:00	480			03:13:00	222			01:50:45	148	01:40:00	320	01:29:15	492			53:50	222	46:40	480		
11:12:00	152	10:29:00	324	09:46:00	496			04:52:00	228	04:09:00	486			03:12:00	228			01:50:30	152	01:39:45	324	01:29:00	496			53:40	228	46:30	486		

Barème CSI

RS = Record Suisse

MPS = Meilleure Performance Suisse

SM = Standard des Médailles CS

20 km				10'000 m.			10 km			5'000 m.			5 km				
02:10:00 0	01:59:15 172	01:48:30 344	01:37:45 516	63:00 0	55:50 258	48:40 516	63:00 0	55:50 258	48:40 516	31:00 0	27:25 258	23:50 516	31:00 0	27:25 258	23:50 516		
02:09:45 4	01:59:00 176	01:48:15 348	01:37:30 520	62:50 6	55:40 264	48:30 522	62:50 6	55:40 264	48:30 522	30:55 6	27:20 264	23:45 522	30:55 6	27:20 264	23:45 522		
02:09:30 8	01:58:45 180	01:48:00 352	01:37:15 524	62:40 12	55:30 270	48:20 528	62:40 12	55:30 270	48:20 528	30:50 12	27:15 270	23:40 528	30:50 12	27:15 270	23:40 528		
02:09:15 12	01:58:30 184	01:47:45 356	01:37:00 528	62:30 18	55:20 276	48:10 534	62:30 18	55:20 276	48:10 534	30:45 18	27:10 276	23:35 534	30:45 18	27:10 276	23:35 534		
02:09:00 16	01:58:15 188	01:47:30 360	01:36:45 532	62:20 24	55:10 282	48:00 540	62:20 24	55:10 282	48:00 540	30:40 24	27:05 282	23:30 540	30:40 24	27:05 282	23:30 540		
02:08:45 20	01:58:00 192	01:47:15 364	01:36:30 536	62:10 30	55:00 288	47:50 546	62:10 30	55:00 288	47:50 546	30:35 30	27:00 288	23:25 546	30:35 30	27:00 288	23:29		
02:08:30 24	01:57:45 196	01:47:00 368	01:36:15 540	62:00 36	54:50 294	47:40 552	62:00 36	54:50 294	47:40 552	30:30 36	26:55 294	23:20 552	30:30 36	26:55 294			
02:08:15 28	01:57:30 200	01:46:45 372	01:36:00 544	61:50 42	54:40 300	47:30 558	61:50 42	54:40 300	47:30 558	30:25 42	26:50 300	23:15 558	30:25 42	26:50 300			
02:08:00 32	01:57:15 204	01:46:30 376	01:35:45 548	61:40 48	54:30 306	47:20.3	61:40 48	54:30 306	47:20 564	30:20 48	26:45 306	23:10 564	30:20 48	26:45 306			
02:07:45 36	01:57:00 208	01:46:15 380	01:35:30 552	61:30 54	54:20 312		61:30 54	54:20 312	47:10 570	30:15 54	26:40 312	23:05 570	30:15 54	26:40 312			
02:07:30 40	01:56:45 212	01:46:00 384	01:35:15 556	61:20 60	54:10 318		61:20 60	54:10 318	47:00 576	30:10 60	26:35 318	23:02.2	30:10 60	26:35 318			
02:07:15 44	01:56:30 216	01:45:45 388	01:35:00 560	61:10 66	54:00 324		61:10 66	54:00 324	46:50 582	30:05 66	26:30 324		30:05 66	26:30 324			
02:07:00 48	01:56:15 220	01:45:30 392	01:34:50	61:00 72	53:50 330		61:00 72	53:50 330	46:40 588	30:00 72	26:25 330		30:00 72	26:25 330			
02:06:45 52	01:56:00 224	01:45:15 396		60:50 78	53:40 336		60:50 78	53:40 336	46:30 594	29:55 78	26:20 336		29:55 78	26:20 336			
02:06:30 56	01:55:45 228	01:45:00 400		60:40 84	53:30 342		60:40 84	53:30 342	46:27	29:50 84	26:15 342		29:50 84	26:15 342			
02:06:15 60	01:55:30 232	01:44:45 404		60:30 90	53:20 348		60:30 90	53:20 348		29:45 90	26:10 348		29:45 90	26:10 348			
02:06:00 64	01:55:15 236	01:44:30 408		60:20 96	53:10 354		60:20 96	53:10 354		29:40 96	26:05 354		29:40 96	26:05 354			
02:05:45 68	01:55:00 240	01:44:15 412		60:10 102	53:00 360		60:10 102	53:00 360		29:35 102	26:00 360		29:35 102	26:00 360			
02:05:30 72	01:54:45 244	01:44:00 416		60:00 108	52:50 366		60:00 108	52:50 366		29:30 108	25:55 366		29:30 108	25:55 366			
02:05:15 76	01:54:30 248	01:43:45 420		59:50 114	52:40 372		59:50 114	52:40 372		29:25 114	25:50 372		29:25 114	25:50 372			
02:05:00 80	01:54:15 252	01:43:30 424		59:40 120	52:30 378		59:40 120	52:30 378		29:20 120	25:45 378		29:20 120	25:45 378			
02:04:45 84	01:54:00 256	01:43:15 428		59:30 126	52:20 384		59:30 126	52:20 384		29:15 126	25:40 384		29:15 126	25:40 384			
02:04:30 88	01:53:45 260	01:43:00 432		59:20 132	52:10 390		59:20 132	52:10 390		29:10 132	25:35 390		29:10 132	25:35 390			
02:04:15 92	01:53:30 264	01:42:45 436		59:10 138	52:00 396		59:10 138	52:00 396		29:05 138	25:30 396		29:05 138	25:30 396			
02:04:00 96	01:53:15 268	01:42:30 440		59:00 144	51:50 402		59:00 144	51:50 402		29:00 144	25:25 402		29:00 144	25:25 402			
02:03:45 100	01:53:00 272	01:42:15 444		58:50 150	51:40 408		58:50 150	51:40 408		28:55 150	25:20 408		28:55 150	25:20 408			
02:03:30 104	01:52:45 276	01:42:00 448		58:40 156	51:30 414		58:40 156	51:30 414		28:50 156	25:15 414		28:50 156	25:15 414			
02:03:15 108	01:52:30 280	01:41:45 452		58:30 162	51:20 420		58:30 162	51:20 420		28:45 162	25:10 420		28:45 162	25:10 420			
02:03:00 112	01:52:15 284	01:41:30 456		58:20 168	51:10 426		58:20 168	51:10 426		28:40 168	25:05 426		28:40 168	25:05 426			
02:02:45 116	01:52:00 288	01:41:15 460		58:10 174	51:00 432		58:10 174	51:00 432		28:35 174	25:00 432		28:35 174	25:00 432			
02:02:30 120	01:51:45 292	01:41:00 464		58:00 180	50:50 438		58:00 180	50:50 438		28:30 180	24:55 438		28:30 180	24:55 438			
02:02:15 124	01:51:30 296	01:40:45 468		57:50 186	50:40 444		57:50 186	50:40 444		28:25 186	24:50 444		28:25 186	24:50 444			
02:02:00 128	01:51:15 300	01:40:30 472		57:40 192	50:30 450		57:40 192	50:30 450		28:20 192	24:45 450		28:20 192	24:45 450			
02:01:45 132	01:51:00 304	01:40:15 476		57:30 198	50:20 456		57:30 198	50:20 456		28:15 198	24:40 456		28:15 198	24:40 456			
02:01:30 136	01:50:45 308	01:40:00 480		57:20 204	50:10 462		57:20 204	50:10 462		28:10 204	24:35 462		28:10 204	24:35 462			
02:01:15 140	01:50:30 312	01:39:45 484		57:10 210	50:00 468		57:10 210	50:00 468		28:05 210	24:30 468		28:05 210	24:30 468			
02:01:00 144	01:50:15 316	01:39:30 488		57:00 216	49:50 474		57:00 216	49:50 474		28:00 216	24:25 474		28:00 216	24:25 474			
02:00:45 148	01:50:00 320	01:39:15 492		56:50 222	49:40 480		56:50 222	49:40 480		27:55 222	24:20 480		27:55 222	24:20 480			
02:00:30 152	01:49:45 324	01:39:00 496		56:40 228	49:30 486		56:40 228	49:30 486		27:50 228	24:15 486		27:50 228	24:15 486			
02:00:15 156	01:49:30 328	01:38:45 500		56:30 234	49:20 492		56:30 234	49:20 492		27:45 234	24:10 492		27:45 234	24:10 492			
02:00:00 160	01:49:15 332	01:38:30 504		56:20 240	49:10 498		56:20 240	49:10 498		27:40 240	24:05 498		27:40 240	24:05 498			
01:59:45 164	01:49:00 336	01:38:15 508		56:10 246	49:00 504		56:10 246	49:00 504		27:35 246	24:00 504		27:35 246	24:00 504			
01:59:30 168	01:48:45 340	01:38:00 512		56:00 252	48:50 510		56:00 252	48:50 510		27:30 252	23:55 510		27:30 252	23:55 510			
20 km	RS	01:35:47		10'000 m	RS	47:20.3	10 km	MPS	46:27	5'000 m	MPS	23:02.2	5 km	MPS	23:29		
9,230km/h	SM	R	02:10:00	9,524km/h	SM	P 63:00.0	9,524km/h	SM	R	63:00	9,677km/h	SM	P 31:00.0	9,677km/h	SM	R	31:00

Tablette Barème CSI

RS = Record Suisse
MPS = Meilleure Performance Suisse
SM = Standard des Médailles CS

Juniors 20 km				Juniors 10'000 m./ 10 km				Cadets A 10'000 m./ 10 km				Cadets B 5'000 m./ 5km				
02:10:00	0	01:59:15 172	01:48:30 344	01:37:45 516	63:00	0	55:50 258	48:40 516	63:00	0	55:50 258	48:40 516	35:00	0	31:25 258	27:50 516
02:09:45	4	01:59:00 176	01:48:15 348	01:37:30 520	62:50	6	55:40 264	48:30 522	62:50	6	55:40 264	48:30 522	34:55	6	31:20 264	27:45 522
02:09:30	8	01:58:45 180	01:48:00 352	01:37:15 524	62:40	12	55:30 270	48:20 528	62:40	12	55:30 270	48:20 528	34:50	12	31:15 270	27:40 528
02:09:15	12	01:58:30 184	01:47:45 356	01:37:00 528	62:30	18	55:20 276	48:10 534	62:30	18	55:20 276	48:10 534	34:45	18	31:10 276	27:35 534
02:09:00	16	01:58:15 188	01:47:30 360	01:36:45 532	62:20	24	55:10 282	48:00 540	62:20	24	55:10 282	48:00 540	34:40	24	31:05 282	27:30 540
02:08:45	20	01:58:00 192	01:47:15 364	01:36:30 536	62:10	30	55:00 288	47:50 546	62:10	30	55:00 288	47:50 546	34:35	30	31:00 288	27:25 546
02:08:30	24	01:57:45 196	01:47:00 368	01:36:15 540	62:00	36	54:50 294	47:40 552	62:00	36	54:50 294	47:40 552	34:30	36	30:55 294	27:20 552
02:08:15	28	01:57:30 200	01:46:45 372	01:36:00 544	61:50	42	54:40 300	47:30 558	61:50	42	54:40 300	47:30 558	34:25	42	30:50 300	27:15 558
02:08:00	32	01:57:15 204	01:46:30 376	01:35:45 548	61:40	48	54:30 306	47:20 564	61:40	48	54:30 306	47:20 564	34:20	48	30:45 306	27:10 564
02:07:45	36	01:57:00 208	01:46:15 380	01:35:30 552	61:30	54	54:20 312	47:10 570	61:30	54	54:20 312	47:10 570	34:15	54	30:40 312	27:05 570
02:07:30	40	01:56:45 212	01:46:00 384	01:35:15 556	61:20	60	54:10 318	47:00 576	61:20	60	54:10 318	47:00 576	34:10	60	30:35 318	27:00 576
02:07:15	44	01:56:30 216	01:45:45 388	01:35:00 560	61:10	66	54:00 324	46:50 582	61:10	66	54:00 324	46:51.51	34:05	66	30:30 324	26:55 582
02:07:00	48	01:56:15 220	01:45:30 392	01:34:45 564	61:00	72	53:50 330	46:40 588	61:00	72	53:50 330		34:00	72	30:25 330	26:50 588
02:06:45	52	01:56:00 224	01:45:15 396	01:34:30 568	60:50	78	53:40 336	46:30 594	60:50	78	53:40 336		33:55	78	30:20 336	26:45 594
02:06:30	56	01:55:45 228	01:45:00 400	01:34:15 572	60:40	84	53:30 342	46:20 600	60:40	84	53:30 342		33:50	84	30:15 342	26:40 600
02:06:15	60	01:55:30 232	01:44:45 404	01:34:00 576	60:30	90	53:20 348	46:10 606	60:30	90	53:20 348		33:45	90	30:10 348	26:35 606
02:06:00	64	01:55:15 236	01:44:30 408	01:33:45 580	60:20	96	53:10 354	46:00 612	60:20	96	53:10 354		33:40	96	30:05 354	26:30 612
02:05:45	68	01:55:00 240	01:44:15 412	01:33:30 584	60:10	102	53:00 360	45:50 618	60:10	102	53:00 360		33:35	102	30:00 360	26:25 618
02:05:30	72	01:54:45 244	01:44:00 416	01:33:15 588	60:00	108	52:50 366	45:40 624	60:00	108	52:50 366		33:30	108	29:55 366	26:20 624
02:05:15	76	01:54:30 248	01:43:45 420	01:33:00 592	59:50	114	52:40 372	45:30 630	59:50	114	52:40 372		33:25	114	29:50 372	26:15 630
02:05:00	80	01:54:15 252	01:43:30 424	01:32:45 596	59:40	120	52:30 378	45:20 636	59:40	120	52:30 378		33:20	120	29:45 378	26:10 636
02:04:45	84	01:54:00 256	01:43:15 428	01:32:30 600	59:30	126	52:20 384	45:10 642	59:30	126	52:20 384		33:15	126	29:40 384	26:05 642
02:04:30	88	01:53:45 260	01:43:00 432	01:32:15 604	59:20	132	52:10 390	45:00 648	59:20	132	52:10 390		33:10	132	29:35 390	26:00 648
02:04:15	92	01:53:30 264	01:42:45 436	01:32:00 608	59:10	138	52:00 396	44:50 654	59:10	138	52:00 396		33:05	138	29:30 396	25:55 654
02:04:00	96	01:53:15 268	01:42:30 440	01:31:45 612	59:00	144	51:50 402	44:49.56	59:00	144	51:50 402		33:00	144	29:25 402	25:50 660
02:03:45	100	01:53:00 272	01:42:15 444	01:31:30 616	58:50	150	51:40 408		58:50	150	51:40 408		32:55	150	29:20 408	25:45 666
02:03:30	104	01:52:45 276	01:42:00 448	01:31:27	58:40	156	51:30 414		58:40	156	51:30 414		32:50	156	29:15 414	25:40 672
02:03:15	108	01:52:30 280	01:41:45 452		58:30	162	51:20 420		58:30	162	51:20 420		32:45	162	29:10 420	25:35 678
02:03:00	112	01:52:15 284	01:41:30 456	20'000 m.	58:20	168	51:10 426		58:20	168	51:10 426		32:40	168	29:05 426	25:30 684
02:02:45	116	01:52:00 288	01:41:15 460	01:41:49.0	58:10	174	51:00 432		58:10	174	51:00 432		32:35	174	29:00 432	25:25 690
02:02:30	120	01:51:45 292	01:41:00 464		58:00	180	50:50 438		58:00	180	50:50 438		32:30	180	28:55 438	25:20 696
02:02:15	124	01:51:30 296	01:40:45 468		57:50	186	50:40 444		57:50	186	50:40 444		32:25	186	28:50 444	25:15 702
02:02:00	128	01:51:15 300	01:40:30 472		57:40	192	50:30 450		57:40	192	50:30 450		32:20	192	28:45 450	25:10 708
02:01:45	132	01:51:00 304	01:40:15 476		57:30	198	50:20 456		57:30	198	50:20 456		32:15	198	28:40 456	25:05 714
02:01:30	136	01:50:45 308	01:40:00 480		57:20	204	50:10 462		57:20	204	50:10 462		32:10	204	28:35 462	25:00 720
02:01:15	140	01:50:30 312	01:39:45 484		57:10	210	50:00 468		57:10	210	50:00 468		32:05	210	28:30 468	24:55 726
02:01:00	144	01:50:15 316	01:39:30 488		57:00	216	49:50 474		57:00	216	49:50 474		32:00	216	28:25 474	24:50 732
02:00:45	148	01:50:00 320	01:39:15 492		56:50	222	49:40 480		56:50	222	49:40 480		31:55	222	28:20 480	24:45 738
02:00:30	152	01:49:45 324	01:39:00 496		56:40	228	49:30 486		56:40	228	49:30 486		31:50	228	28:15 486	24:40 744
02:00:15	156	01:49:30 328	01:38:45 500		56:30	234	49:20 492		56:30	234	49:20 492		31:45	234	28:10 492	24:35 750
02:00:00	160	01:49:15 332	01:38:30 504		56:20	240	49:10 498		56:20	240	49:10 498		31:40	240	28:05 498	24:30 756
01:59:45	164	01:49:00 336	01:38:15 508		56:10	246	49:00 504		56:10	246	49:00 504		31:35	246	28:00 504	24:25 762
01:59:30	168	01:48:45 340	01:38:00 512		56:00	252	48:50 510		56:00	252	48:50 510		31:30	252	27:55 510	24:20.08
20'000 m MPS 01:41:49				10'000 m RS 44:49.56				10'000 m MPS 46:51.51				5'000 m MPS 24:20.08				
20 km MPS 01:31:27				10 km RS				10 km MPS				5 km MPS				
9,230km/h SM R 02:10:00				9,254km/h SM R 63:00 P 63:00.0				9,254km/h SM R 63:00 P 63:00.0				8,571km/h SM R 35:00 P 35:00.0				

Tablette Barème CSI

RS = Record Suisse
MPS = Meilleure Performance Suisse
SM = Standard des Médailles CS

Femmes-juniors 10'000 m./10km				Femmes-juniors 5'000 m./ 5 km				Cadettes A 5000 m./ 5km				Cadettes B 3'000m./ 3 km			
66:00	0	58:50 258	51:40 516	33:00	0	29:25 258	25:50 516	34:00	0	30:25 258	26:50 516	22:00	0	18:25 258	
65:50	6	58:40 264	51:35.3	32:55	6	29:20 264	25:45 522	33:55	6	30:20 264	26:45 522	21:55	6	18:20 264	
65:40	12	58:30 270		32:50	12	29:15 270	25:40 528	33:50	12	30:15 270	26:40 528	21:50	12	18:15 270	
65:30	18	58:20 276	10 km 48:51	32:45	18	29:10 276	25:35 534	33:45	18	30:10 276	26:35 534	21:45	18	18:10 276	
65:20	24	58:10 282		32:40	24	29:05 282	25:30 540	33:40	24	30:05 282	26:30 540	21:40	24	18:05 282	
65:10	30	58:00 288		32:35	30	29:00 288	25:25 546	33:35	30	30:00 288	26:25 546	21:35	30	18:00 288	
65:00	36	57:50 294		32:30	36	28:55 294	25:20 552	33:30	36	29:55 294	26:20 552	21:30	36	17:55 294	
64:50	42	57:40 300		32:25	42	28:50 300	25:15 558	33:25	42	29:50 300	26:15 558	21:25	42	17:50 300	
64:40	48	57:30 306	32:20	48	28:45 306	25:10 564	33:20	48	29:45 306	26:10 564	21:20	48	17:45 306		
64:30	54	57:20 312	32:15	54	28:40 312	25:05 570	33:15	54	29:40 312	26:05 570	21:15	54	17:40 312		
64:20	60	57:10 318	32:10	60	28:35 318	25:00 576	33:10	60	29:35 318	26:00 576	21:10	60	17:35 318		
64:10	66	57:00 324	32:05	66	28:30 324	24:55 582	33:05	66	29:30 324	25:55 582	21:05	66	17:30 324		
64:00	72	56:50 330	32:00	72	28:25 330	24:50 588	33:00	72	29:25 330	25:50 588	21:00	72	17:25 330		
63:50	78	56:40 336	31:55	78	28:20 336	24:45 594	32:55	78	29:20 336	25:45 594	20:55	78	17:20 336		
63:40	84	56:30 342	31:50	84	28:15 342	24:40 600	32:50	84	29:15 342	25:40 600	20:50	84	17:15 342		
63:30	90	56:20 348	31:45	90	28:10 348	24:35 606	32:45	90	29:10 348	25:35 606	20:45	90	17:10 348		
63:20	96	56:10 354	31:40	96	28:05 354	24:30 612	32:40	96	29:05 354	25:30 612	20:40	96	17:05 354		
63:10	102	56:00 360	31:35	102	28:00 360	24:25 618	32:35	102	29:00 360	25:25 618	20:35	102	17:00 360		
63:00	108	55:50 366	31:30	108	27:55 366	24:20 624	32:30	108	28:55 366	25:20 624	20:30	108	16:55 366		
62:50	114	55:40 372	31:25	114	27:50 372	24:18.5	32:25	114	28:50 372	25:15 630	20:25	114	16:50 372		
62:40	120	55:30 378	31:20	120	27:45 378		32:20	120	28:45 378	25:10 636	20:20	120	16:45 378		
62:30	126	55:20 384	31:15	126	27:40 384		32:15	126	28:40 384	25:05 642	20:15	126	16:40 384		
62:20	132	55:10 390	31:10	132	27:35 390		32:10	132	28:35 390	25:00 648	20:10	132	16:35 390		
62:10	138	55:00 396	31:05	138	27:30 396		32:05	138	28:30 396	24:55 654	20:05	138	16:30 396		
62:00	144	54:50 402	31:00	144	27:25 402		32:00	144	28:25 402	24:50 660	20:00	144	16:25 402		
61:50	150	54:40 408	30:55	150	27:20 408		31:55	150	28:20 408	24:45 666	19:55	150	16:20 408		
61:40	156	54:30 414	30:50	156	27:15 414		31:50	156	28:15 414	24:40 672	19:50	156	16:15 414		
61:30	162	54:20 420	30:45	162	27:10 420		31:45	162	28:10 420	24:35 678	19:45	162	16:10 420		
61:20	168	54:10 426	30:40	168	27:05 426		31:40	168	28:05 426	24:30 684	19:40	168	16:05 426		
61:10	174	54:00 432	30:35	174	27:00 432		31:35	174	28:00 432	24:25 690	19:35	174	16:00 432		
61:00	180	53:50 438	30:30	180	26:55 438		31:30	180	27:55 438	24:20 696	19:30	180	15:55 438		
60:50	186	53:40 444	30:25	186	26:50 444		31:25	186	27:50 444	24:49.5	19:25	186	15:50 444		
60:40	192	53:30 450	30:20	192	26:45 450		31:20	192	27:45 450		19:20	192	15:45 450		
60:30	198	53:20 456	30:15	198	26:40 456		31:15	198	27:40 456		19:15	198	15:40 456		
60:20	204	53:10 462	30:10	204	26:35 462		31:10	204	27:35 462		19:10	204	15:35 462		
60:10	210	53:00 468	30:05	210	26:30 468		31:05	210	27:30 468		19:05	210	15:30 468		
60:00	216	52:50 474	30:00	216	26:25 474		31:00	216	27:25 474		19:00	216	15:25 474		
59:50	222	52:40 480	29:55	222	26:20 480		30:55	222	27:20 480		18:55	222	15:20 480		
59:40	228	52:30 486	29:50	228	26:15 486		30:50	228	27:15 486		18:50	228	15:15 486		
59:30	234	52:20 492	29:45	234	26:10 492		30:45	234	27:10 492		18:45	234	15:12.67		
59:20	240	52:10 498	29:40	240	26:05 498		30:40	240	27:05 498		18:40	240			
59:10	246	52:00 504	29:35	246	26:00 504		30:35	246	27:00 504		18:35	246			
59:00	252	51:50 510	29:30	252	25:55 510		30:30	252	26:55 510		18:30	252			
10'000 m	RS	51:35.3	5'000 m	MPS	24:18.5	5'000 m	MPS	24:49.5	3'000 m	MPS	15:12.67				
10 km	RS	48'51	5 km	MPS	24:04	5 km	MPS		3 km	MPS					
9.091km/h	SM	R 66:00	9,091km/h	SM	R 33:00	8,823km/h	SM	R 34:00	8,182km/h	SM	R 22:00				
	P	66:00.0		P	33:00.0		P	34:00.0		P	22:00.0				

Méthode de calculation des points du CSI attribués pour le CS en Côte

CS de Côte organisé sur une distance de 10 km et moins

10" 6 points

1' 36 points

Temps du vainqueur + 30 %

Exemple temps du vainqueur	48:32	donne	2912.0	secondes
	30%		873.6	secondes
			<hr/>	
			3785.6	secondes

63:06

Temps référence CS

63:10

63:20 **0 point**

63:10 **6 points**

48:40 **528 points**

Le nombre exact de points doit être calculé après chaque CS de Côte

CS de Côte organisé sur une distance de plus de 10 km

10" 4 points

1' 24 points

Temps du vainqueur + 30 %

Exemple temps du vainqueur	61:03	donne	3663.0	secondes
	30%		1098.9	secondes
			<hr/>	
			4761.9	secondes

79:22

Temps référence CS

79:30

79:40 **0 point**

79:30 **4 points**

61:03 **444 points**

Le nombre exact de points doit être calculé après chaque CS de Côte