

# Tableau de cotation Challenge Running 2024 / 2025

## Records de France Hommes

POINTS	5 km	10 km	15 km	20 km	Semi	Marathon	100 km
300	0:13:12	0:27:13	0:43:50	0:56:50	0:59:13	2:05:22	6:19:51
299	0:13:15	0:27:20	0:44:05	0:57:10	0:59:30	2:06:00	6:20:50
298	0:13:20	0:27:30	0:44:20	0:57:30	0:59:50	2:06:40	6:21:50
297	0:13:25	0:27:40	0:44:35	0:57:50	1:00:10	2:07:20	6:22:50
296	0:13:30	0:27:50	0:44:50	0:58:10	1:00:30	2:08:00	6:23:50
295	0:13:35	0:28:00	0:45:05	0:58:30	1:00:50	2:08:40	6:24:50
294	0:13:40	0:28:10	0:45:20	0:58:50	1:01:10	2:09:20	6:25:50
293	0:13:45	0:28:20	0:45:35	0:59:10	1:01:30	2:10:00	6:26:50
292	0:13:50	0:28:30	0:45:50	0:59:30	1:01:50	2:10:40	6:27:50
291	0:13:55	0:28:40	0:46:05	0:59:50	1:02:10	2:11:20	6:28:50
290	0:14:00	0:28:50	0:46:20	1:00:10	1:02:30	2:12:00	6:29:50
289	0:14:05	0:29:00	0:46:35	1:00:30	1:02:50	2:12:40	6:30:50
288	0:14:10	0:29:10	0:46:50	1:00:50	1:03:10	2:13:20	6:31:50
287	0:14:15	0:29:20	0:47:05	1:01:10	1:03:30	2:14:00	6:32:50
286	0:14:20	0:29:30	0:47:20	1:01:30	1:03:50	2:14:40	6:33:50
285	0:14:25	0:29:40	0:47:35	1:01:50	1:04:10	2:15:20	6:34:50
284	0:14:30	0:29:50	0:47:50	1:02:10	1:04:30	2:16:00	6:35:50
283	0:14:35	0:30:00	0:48:05	1:02:30	1:04:50	2:16:40	6:36:50
282	0:14:40	0:30:10	0:48:20	1:02:50	1:05:10	2:17:20	6:37:50
281	0:14:45	0:30:20	0:48:35	1:03:10	1:05:30	2:18:00	6:38:50
280	0:14:50	0:30:30	0:48:50	1:03:30	1:05:50	2:18:40	6:39:50
279	0:14:55	0:30:40	0:49:05	1:03:50	1:06:10	2:19:20	6:40:50
278	0:15:00	0:30:50	0:49:20	1:04:10	1:06:30	2:20:00	6:41:50
277	0:15:05	0:31:00	0:49:35	1:04:30	1:06:50	2:20:40	6:42:50
276	0:15:10	0:31:10	0:49:50	1:04:50	1:07:10	2:21:20	6:43:50
275	0:15:15	0:31:20	0:50:05	1:05:10	1:07:30	2:22:00	6:44:50
274	0:15:20	0:31:30	0:50:20	1:05:30	1:07:50	2:22:40	6:45:50
273	0:15:25	0:31:40	0:50:35	1:05:50	1:08:10	2:23:20	6:46:50
272	0:15:30	0:31:50	0:50:50	1:06:10	1:08:30	2:24:00	6:47:50
271	0:15:35	0:32:00	0:51:05	1:06:30	1:08:50	2:24:40	6:48:50
270	0:15:40	0:32:10	0:51:20	1:06:50	1:09:10	2:25:20	6:49:50
269	0:15:45	0:32:20	0:51:35	1:07:10	1:09:30	2:26:00	6:50:50
268	0:15:50	0:32:30	0:51:50	1:07:30	1:09:50	2:26:40	6:51:50
267	0:15:55	0:32:40	0:52:05	1:07:50	1:10:10	2:27:20	6:52:50
266	0:16:00	0:32:50	0:52:20	1:08:10	1:10:30	2:28:00	6:53:50
265	0:16:05	0:33:00	0:52:35	1:08:30	1:10:50	2:28:40	6:54:50
264	0:16:10	0:33:10	0:52:50	1:08:50	1:11:10	2:29:20	6:55:50
263	0:16:15	0:33:20	0:53:05	1:09:10	1:11:30	2:30:00	6:56:50
262	0:16:20	0:33:30	0:53:20	1:09:30	1:11:50	2:30:40	6:57:50
261	0:16:25	0:33:40	0:53:35	1:09:50	1:12:10	2:31:20	6:58:50
260	0:16:30	0:33:50	0:53:50	1:10:10	1:12:30	2:32:00	6:59:50
259	0:16:35	0:34:00	0:54:05	1:10:30	1:12:50	2:32:40	7:00:50
258	0:16:40	0:34:10	0:54:20	1:10:50	1:13:10	2:33:20	7:01:50
257	0:16:45	0:34:20	0:54:35	1:11:10	1:13:30	2:34:00	7:02:50
256	0:16:50	0:34:30	0:54:50	1:11:30	1:13:50	2:34:40	7:03:50
255	0:16:55	0:34:40	0:55:05	1:11:50	1:14:10	2:35:20	7:04:50

## Records de France Femmes

POINTS	5 km	10 km	15 km	20 km	Semi	Marathon	100 km
300	0:14:58	0:31:15	0:48:50	1:05:00	1:08:21	2:24:27	7:04:03
299	0:15:00	0:31:25	0:49:05	1:05:20	1:08:40	2:25:00	7:05:00
298	0:15:05	0:31:35	0:49:20	1:05:40	1:09:00	2:25:40	7:06:00
297	0:15:10	0:31:45	0:49:35	1:06:00	1:09:20	2:26:20	7:07:00
296	0:15:15	0:31:55	0:49:50	1:06:20	1:09:40	2:27:00	7:08:00
295	0:15:20	0:32:05	0:50:05	1:06:40	1:10:00	2:27:40	7:09:00
294	0:15:25	0:32:15	0:50:20	1:07:00	1:10:20	2:28:20	7:10:00
293	0:15:30	0:32:25	0:50:35	1:07:20	1:10:40	2:29:00	7:11:00
292	0:15:35	0:32:35	0:50:50	1:07:40	1:11:00	2:29:40	7:12:00
291	0:15:40	0:32:45	0:51:05	1:08:00	1:11:20	2:30:20	7:13:00
290	0:15:45	0:32:55	0:51:20	1:08:20	1:11:40	2:31:00	7:14:00
289	0:15:50	0:33:05	0:51:35	1:08:40	1:12:00	2:31:40	7:15:00
288	0:15:55	0:33:15	0:51:50	1:09:00	1:12:20	2:32:20	7:16:00
287	0:16:00	0:33:25	0:52:05	1:09:20	1:12:40	2:33:00	7:17:00
286	0:16:05	0:33:35	0:52:20	1:09:40	1:13:00	2:33:40	7:18:00
285	0:16:10	0:33:45	0:52:35	1:10:00	1:13:20	2:34:20	7:19:00
284	0:16:15	0:33:55	0:52:50	1:10:20	1:13:40	2:35:00	7:20:00
283	0:16:20	0:34:05	0:53:05	1:10:40	1:14:00	2:35:40	7:21:00
282	0:16:25	0:34:15	0:53:20	1:11:00	1:14:20	2:36:20	7:22:00
281	0:16:30	0:34:25	0:53:35	1:11:20	1:14:40	2:37:00	7:23:00
280	0:16:35	0:34:35	0:53:50	1:11:40	1:15:00	2:37:40	7:24:00
279	0:16:40	0:34:45	0:54:05	1:12:00	1:15:20	2:38:20	7:25:00
278	0:16:45	0:34:55	0:54:20	1:12:20	1:15:40	2:39:00	7:26:00
277	0:16:50	0:35:05	0:54:35	1:12:40	1:16:00	2:39:40	7:27:00
276	0:16:55	0:35:15	0:54:50	1:13:00	1:16:20	2:40:20	7:28:00
275	0:17:00	0:35:25	0:55:05	1:13:20	1:16:40	2:41:00	7:29:00
274	0:17:05	0:35:35	0:55:20	1:13:40	1:17:00	2:41:40	7:30:00
273	0:17:10	0:35:45	0:55:35	1:14:00	1:17:20	2:42:20	7:31:00
272	0:17:15	0:35:55	0:55:50	1:14:20	1:17:40	2:43:00	7:32:00
271	0:17:20	0:36:05	0:56:05	1:14:40	1:18:00	2:43:40	7:33:00
270	0:17:25	0:36:15	0:56:20	1:15:00	1:18:20	2:44:20	7:34:00
269	0:17:30	0:36:25	0:56:35	1:15:20	1:18:40	2:45:00	7:35:00
268	0:17:35	0:36:35	0:56:50	1:15:40	1:19:00	2:45:40	7:36:00
267	0:17:40	0:36:45	0:57:05	1:16:00	1:19:20	2:46:20	7:37:00
266	0:17:45	0:36:55	0:57:20	1:16:20	1:19:40	2:47:00	7:38:00
265	0:17:50	0:37:05	0:57:35	1:16:40	1:20:00	2:47:40	7:39:00
264	0:17:55	0:37:15	0:57:50	1:17:00	1:20:20	2:48:20	7:40:00
263	0:18:00	0:37:25	0:58:05	1:17:20	1:20:40	2:49:00	7:41:00
262	0:18:05	0:37:35	0:58:20	1:17:40	1:21:00	2:49:40	7:42:00
261	0:18:10	0:37:45	0:58:35	1:18:00	1:21:20	2:50:20	7:43:00
260	0:18:15	0:37:55	0:58:50	1:18:20	1:21:40	2:51:00	7:44:00
259	0:18:20	0:38:05	0:59:05	1:18:40	1:22:00	2:51:40	7:45:00
258	0:18:25	0:38:15	0:59:20	1:19:00	1:22:20	2:52:20	7:46:00
257	0:18:30	0:38:25	0:59:35	1:19:20	1:22:40	2:53:00	7:47:00
256	0:18:35	0:38:35	0:59:50	1:19:40	1:23:00	2:53:40	7:48:00
255	0:18:40	0:38:45	1:00:05	1:20:00	1:23:20	2:54:20	7:49:00

254	0:17:00	0:34:50	0:55:20	1:12:10	1:14:30	2:36:00	7:05:50
253	0:17:05	0:35:00	0:55:35	1:12:30	1:14:50	2:36:40	7:06:50
252	0:17:10	0:35:10	0:55:50	1:12:50	1:15:10	2:37:20	7:07:50
251	0:17:15	0:35:20	0:56:05	1:13:10	1:15:30	2:38:00	7:08:50
250	0:17:20	0:35:30	0:56:20	1:13:30	1:15:50	2:38:40	7:09:50
249	0:17:25	0:35:40	0:56:35	1:13:50	1:16:10	2:39:20	7:10:50
248	0:17:30	0:35:50	0:56:50	1:14:10	1:16:30	2:40:00	7:11:50
247	0:17:35	0:36:00	0:57:05	1:14:30	1:16:50	2:40:40	7:12:50
246	0:17:40	0:36:10	0:57:20	1:14:50	1:17:10	2:41:20	7:13:50
245	0:17:45	0:36:20	0:57:35	1:15:10	1:17:30	2:42:00	7:14:50
244	0:17:50	0:36:30	0:57:50	1:15:30	1:17:50	2:42:40	7:15:50
243	0:17:55	0:36:40	0:58:05	1:15:50	1:18:10	2:43:20	7:16:50
242	0:18:00	0:36:50	0:58:20	1:16:10	1:18:30	2:44:00	7:17:50
241	0:18:05	0:37:00	0:58:35	1:16:30	1:18:50	2:44:40	7:18:50
240	0:18:10	0:37:10	0:58:50	1:16:50	1:19:10	2:45:20	7:19:50
239	0:18:15	0:37:20	0:59:05	1:17:10	1:19:30	2:46:00	7:20:50
238	0:18:20	0:37:30	0:59:20	1:17:30	1:19:50	2:46:40	7:21:50
237	0:18:25	0:37:40	0:59:35	1:17:50	1:20:10	2:47:20	7:22:50
236	0:18:30	0:37:50	0:59:50	1:18:10	1:20:30	2:48:00	7:23:50
235	0:18:35	0:38:00	1:00:05	1:18:30	1:20:50	2:48:40	7:24:50
234	0:18:40	0:38:10	1:00:20	1:18:50	1:21:10	2:49:20	7:25:50
233	0:18:45	0:38:20	1:00:35	1:19:10	1:21:30	2:50:00	7:26:50
232	0:18:50	0:38:30	1:00:50	1:19:30	1:21:50	2:50:40	7:27:50
231	0:18:55	0:38:40	1:01:05	1:19:50	1:22:10	2:51:20	7:28:50
230	0:19:00	0:38:50	1:01:20	1:20:10	1:22:30	2:52:00	7:29:50
229	0:19:05	0:39:00	1:01:35	1:20:30	1:22:50	2:52:40	7:30:50
228	0:19:10	0:39:10	1:01:50	1:20:50	1:23:10	2:53:20	7:31:50
227	0:19:15	0:39:20	1:02:05	1:21:10	1:23:30	2:54:00	7:32:50
226	0:19:20	0:39:30	1:02:20	1:21:30	1:23:50	2:54:40	7:33:50
225	0:19:25	0:39:40	1:02:35	1:21:50	1:24:10	2:55:20	7:34:50
224	0:19:30	0:39:50	1:02:50	1:22:10	1:24:30	2:56:00	7:35:50
223	0:19:35	0:40:00	1:03:05	1:22:30	1:24:50	2:56:40	7:36:50
222	0:19:40	0:40:10	1:03:20	1:22:50	1:25:10	2:57:20	7:37:50
221	0:19:45	0:40:20	1:03:35	1:23:10	1:25:30	2:58:00	7:38:50
220	0:19:50	0:40:30	1:03:50	1:23:30	1:25:50	2:58:40	7:39:50
219	0:19:55	0:40:40	1:04:05	1:23:50	1:26:10	2:59:20	7:40:50
218	0:20:00	0:40:50	1:04:20	1:24:10	1:26:30	3:00:00	7:41:50
217	0:20:05	0:41:00	1:04:35	1:24:30	1:26:50	3:00:40	7:42:50
216	0:20:10	0:41:10	1:04:50	1:24:50	1:27:10	3:01:20	7:43:50
215	0:20:15	0:41:20	1:05:05	1:25:10	1:27:30	3:02:00	7:44:50
214	0:20:20	0:41:30	1:05:20	1:25:30	1:27:50	3:02:40	7:45:50
213	0:20:25	0:41:40	1:05:35	1:25:50	1:28:10	3:03:20	7:46:50
212	0:20:30	0:41:50	1:05:50	1:26:10	1:28:30	3:04:00	7:47:50
211	0:20:35	0:42:00	1:06:05	1:26:30	1:28:50	3:04:40	7:48:50
210	0:20:40	0:42:10	1:06:20	1:26:50	1:29:10	3:05:20	7:49:50
209	0:20:45	0:42:20	1:06:35	1:27:10	1:29:30	3:06:00	7:50:50
208	0:20:50	0:42:30	1:06:50	1:27:30	1:29:50	3:06:40	7:51:50
207	0:20:55	0:42:40	1:07:05	1:27:50	1:30:10	3:07:20	7:52:50
206	0:21:00	0:42:50	1:07:20	1:28:10	1:30:30	3:08:00	7:53:50
205	0:21:05	0:43:00	1:07:35	1:28:30	1:30:50	3:08:40	7:54:50

254	0:18:45	0:38:55	1:00:20	1:20:20	1:23:40	2:55:00	7:50:00
253	0:18:50	0:39:05	1:00:35	1:20:40	1:24:00	2:55:40	7:51:00
252	0:18:55	0:39:15	1:00:50	1:21:00	1:24:20	2:56:20	7:52:00
251	0:19:00	0:39:25	1:01:05	1:21:20	1:24:40	2:57:00	7:53:00
250	0:19:05	0:39:35	1:01:20	1:21:40	1:25:00	2:57:40	7:54:00
249	0:19:10	0:39:45	1:01:35	1:22:00	1:25:20	2:58:20	7:55:00
248	0:19:15	0:39:55	1:01:50	1:22:20	1:25:40	2:59:00	7:56:00
247	0:19:20	0:40:05	1:02:05	1:22:40	1:26:00	2:59:40	7:57:00
246	0:19:25	0:40:15	1:02:20	1:23:00	1:26:20	3:00:20	7:58:00
245	0:19:30	0:40:25	1:02:35	1:23:20	1:26:40	3:01:00	7:59:00
244	0:19:35	0:40:35	1:02:50	1:23:40	1:27:00	3:01:40	8:00:00
243	0:19:40	0:40:45	1:03:05	1:24:00	1:27:20	3:02:20	8:01:00
242	0:19:45	0:40:55	1:03:20	1:24:20	1:27:40	3:03:00	8:02:00
241	0:19:50	0:41:05	1:03:35	1:24:40	1:28:00	3:03:40	8:03:00
240	0:19:55	0:41:15	1:03:50	1:25:00	1:28:20	3:04:20	8:04:00
239	0:20:00	0:41:25	1:04:05	1:25:20	1:28:40	3:05:00	8:05:00
238	0:20:05	0:41:35	1:04:20	1:25:40	1:29:00	3:05:40	8:06:00
237	0:20:10	0:41:45	1:04:35	1:26:00	1:29:20	3:06:20	8:07:00
236	0:20:15	0:41:55	1:04:50	1:26:20	1:29:40	3:07:00	8:08:00
235	0:20:20	0:42:05	1:05:05	1:26:40	1:30:00	3:07:40	8:09:00
234	0:20:25	0:42:15	1:05:20	1:27:00	1:30:20	3:08:20	8:10:00
233	0:20:30	0:42:25	1:05:35	1:27:20	1:30:40	3:09:00	8:11:00
232	0:20:35	0:42:35	1:05:50	1:27:40	1:31:00	3:09:40	8:12:00
231	0:20:40	0:42:45	1:06:05	1:28:00	1:31:20	3:10:20	8:13:00
230	0:20:45	0:42:55	1:06:20	1:28:20	1:31:40	3:11:00	8:14:00
229	0:20:50	0:43:05	1:06:35	1:28:40	1:32:00	3:11:40	8:15:00
228	0:20:55	0:43:15	1:06:50	1:29:00	1:32:20	3:12:20	8:16:00
227	0:21:00	0:43:25	1:07:05	1:29:20	1:32:40	3:13:00	8:17:00
226	0:21:05	0:43:35	1:07:20	1:29:40	1:33:00	3:13:40	8:18:00
225	0:21:10	0:43:45	1:07:35	1:30:00	1:33:20	3:14:20	8:19:00
224	0:21:15	0:43:55	1:07:50	1:30:20	1:33:40	3:15:00	8:20:00
223	0:21:20	0:44:05	1:08:05	1:30:40	1:34:00	3:15:40	8:21:00
222	0:21:25	0:44:15	1:08:20	1:31:00	1:34:20	3:16:20	8:22:00
221	0:21:30	0:44:25	1:08:35	1:31:20	1:34:40	3:17:00	8:23:00
220	0:21:35	0:44:35	1:08:50	1:31:40	1:35:00	3:17:40	8:24:00
219	0:21:40	0:44:45	1:09:05	1:32:00	1:35:20	3:18:20	8:25:00
218	0:21:45	0:44:55	1:09:20	1:32:20	1:35:40	3:19:00	8:26:00
217	0:21:50	0:45:05	1:09:35	1:32:40	1:36:00	3:19:40	8:27:00
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32	0:37:15	1:15:55	1:55:50	2:34:20	2:37:40	5:23:00	11:32:00
31	0:37:20	1:16:05	1:56:05	2:34:40	2:38:00	5:23:40	11:33:00
30	0:37:25	1:16:15	1:56:20	2:35:00	2:38:20	5:24:20	11:34:00
29	0:37:30	1:16:25	1:56:35	2:35:20	2:38:40	5:25:00	11:35:00

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27	0:35:55	1:12:40	1:52:05	2:27:50	2:30:10	5:07:20	10:52:50
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