

Mise à jour 01/12/2021

Coef : semi/ marathon	X 2,1
Coef : tandem/ Solo	X 1,1
Coef : Carré/ Solo	X 1,15

**42195m**

**21097m**

42195m				21097m			
Catégorie	Sexe	Poids	Coefficient Rameur Marathon	Catégorie	Sexe	Poids	Coefficient Rameur Semi- Marathon
12 and Under	M		<b>1,45</b>	12 and Under	M		<b>1,36</b>
12 and Under	F		<b>1,50</b>	12 and Under	F		<b>1,42</b>
13-14	M		<b>1,18</b>	13-14	M		<b>1,14</b>
13-14	F		<b>1,35</b>	13-14	F		<b>1,31</b>
15-16	M		<b>1,08</b>	15-16	M		<b>1,07</b>
15-16	F		<b>1,34</b>	15-16	F		<b>1,26</b>
17-18	M	Hwt	<b>1,06</b>	17-18	M	Hwt	<b>1,03</b>
17-18	M	Lwt	<b>1,07</b>	17-18	M	Lwt	<b>1,08</b>
17-18	F	Hwt	<b>1,25</b>	17-18	F	Hwt	<b>1,20</b>
17-18	F	Lwt	<b>1,28</b>	17-18	F	Lwt	<b>1,27</b>
<b>19-29</b>	<b>M</b>	<b>Hwt</b>	<b>1,00</b>	<b>19-29</b>	<b>M</b>	<b>Hwt</b>	<b>1,00</b>
19-29	M	Lwt	<b>1,06</b>	19-29	M	Lwt	<b>1,05</b>
19-29	F	Hwt	<b>1,17</b>	19-29	F	Hwt	<b>1,13</b>
19-29	F	Lwt	<b>1,21</b>	19-29	F	Lwt	<b>1,20</b>
30-39	M	Hwt	<b>1,02</b>	30-39	M	Hwt	<b>1,00</b>
30-39	M	Lwt	<b>1,06</b>	30-39	M	Lwt	<b>1,06</b>
30-39	F	Hwt	<b>1,19</b>	30-39	F	Hwt	<b>1,13</b>
30-39	F	Lwt	<b>1,21</b>	30-39	F	Lwt	<b>1,20</b>
40-49	M	Hwt	<b>1,04</b>	40-49	M	Hwt	<b>1,03</b>
40-49	M	Lwt	<b>1,08</b>	40-49	M	Lwt	<b>1,06</b>
40-49	F	Hwt	<b>1,22</b>	40-49	F	Hwt	<b>1,20</b>
40-49	F	Lwt	<b>1,24</b>	40-49	F	Lwt	<b>1,22</b>
50-59	M	Hwt	<b>1,06</b>	50-59	M	Hwt	<b>1,05</b>
50-59	M	Lwt	<b>1,11</b>	50-59	M	Lwt	<b>1,09</b>
50-59	F	Hwt	<b>1,23</b>	50-59	F	Hwt	<b>1,21</b>
50-59	F	Lwt	<b>1,26</b>	50-59	F	Lwt	<b>1,24</b>
60-69	M	Hwt	<b>1,08</b>	60-69	M	Hwt	<b>1,10</b>
60-69	M	Lwt	<b>1,17</b>	60-69	M	Lwt	<b>1,14</b>
60-69	F	Hwt	<b>1,31</b>	60-69	F	Hwt	<b>1,28</b>
60-69	F	Lwt	<b>1,35</b>	60-69	F	Lwt	<b>1,29</b>
70-79	M	Lwt	<b>1,20</b>	70-79	M	Hwt	<b>1,16</b>
70-79	M	Hwt	<b>1,20</b>	70-79	M	Lwt	<b>1,18</b>

70-79	F	Lwt	<b>1,40</b>
70-79	F	Hwt	<b>1,53</b>
80-89	M	Lwt	<b>1,36</b>
80-89	M	Hwt	<b>1,37</b>
90-99	M	Hwt	<b>1,93</b>

70-79	F	Lwt	<b>1,37</b>
70-79	F	Hwt	<b>1,39</b>
80-89	M	Lwt	<b>1,36</b>
80-89	M	Hwt	<b>1,36</b>
80-89	F	Lwt	<b>1,58</b>
80-89	F	Hwt	<b>1,63</b>
90-99	M	Hwt	<b>1,38</b>
90-99	M	Lwt	<b>1,53</b>
95-99	M	Hwt	<b>2,02</b>