

VAMEVAL FEMME

| Palier VAMEVAL | V.A.M. | NOTE |
|-------------------|------------|-----------|
| 6 | 11.0 km/h | 4 |
| | | 5 |
| 7 - 30s | 11.8 km/h | 6 |
| | | 7 |
| 8 - 30s | 12.3 km/h | 8 |
| 9 | 12,5 km/h | |
| 9 - 30s | 12,8 km/h | 9 |
| 10 | 13 km/h | |
| 10 - 30s | 13.3 km/h | 10 |
| 10 - 45s | 13,4 km/h | |
| 11 - 15s | 13,6 km/h | 11 |
| 11 - 30 s | 13,8 km/h | |
| 12 | 14,0 km/h | 12 |
| 12 - 30s | 14,2 km/h | |
| 12 - 45s | 14,4 km/h | 13 |
| 13 - 15s | 14,6 km/h | |
| 13 - 30s | 14,8 km/h | 14 |
| 14 | 15 km/h | |
| 14 - 30s | 15,2 km/h | 15 |
| 14 - 30s | 15,3 km/h | |
| 15 | 15.5 km/h | 16 |
| 15 - 30s | 15,7 km/h | |
| 15 - 45s | 15,9 km/h | 17 |
| 16 - 15s | 16,1 km/h | |
| 16 - 30s | 16.3 km/h | 18 |
| 17 | 16,47 km/h | |
| 17 - 30s | 16,65 km/h | 19 |
| 17 - 45s | 16,85 km/h | |
| 18 | 17.0 km/h | 20 |
| 18 - 30s | 17,2 km/h | |

VAMEVAL HOMME

| Palier VAMEVAL | V.A.M. | NOTE |
|-------------------|----------------|-----------|
| 8 - 30s | 12.3 km/h | 4 |
| 9 | 12,5 km/h | |
| 9 - 30s | 12,8 km/h | 5 |
| 10 | 13 km/h | |
| 10 - 30s | 13.3 km/h | 6 |
| 10 - 45s | 13,4 km/h | |
| 11 - 15s | 13,6 km/h | 7 |
| 12 | 14,0 km/h | 8 |
| 12 - 30s | 14,2 km/h | |
| 12 - 45s | 14,4 km/h | 9 |
| 13 - 15s | 14,6 km/h | |
| 13 - 30s | 14,8 km/h | 10 |
| 14 | 15 km/h | |
| 14 - 30s | 15,2 km/h | 11 |
| 14 - 30s | 15,3 km/h | |
| 15 | 15.5 km/h | 12 |
| 15 - 30s | 15,7 km/h | |
| 15 - 45s | 15,9 km/h | 13 |
| 16 - 15s | 16,1 km/h | |
| 16 - 30s | 16.3 km/h | 14 |
| 17 | 16,475km/h | |
| 17 - 30s | 16,65 km/h | 15 |
| 17 - 45s | 16,85 km/h | |
| 18 | 17.0 km/h | 16 |
| 18 - 30s | 17,2 km/h | |
| 18 - 45s | 17,4 km/h | 17 |
| 19 - 45s | 17,6 km/h | |
| 19 - 30s | 17.8 km/h | 18 |
| 20 | 17,975 km/h | |
| 20 - 30s | 18,15 km/h | 19 |
| 20 - 45s | 18,32 km/h | |
| 21 | 18.5 km/h | 20 |