



EXERCICE INTENSITÉ – SKI SKATE

Dim. 26/02/2017 – Plateau des Glières

Manche 1 = départ « pas de tir », montée par variante, montée/descente boarder

Manche 2 = montée/descente du boarder

Manche 3 = descente du boarder (départ à côté de la piste des Mouilles)

Manche 4 = descente du boarder (départ à côté de la piste des Mouilles)

Cl	Dos	Nom et prénom	Catég.	Manche 1				Manche 2				Manche 3				Manche 4				TOTAL	
				Cl	Temps	Écart	Écart %	Cl	Temps	Écart	Écart %	Cl	Temps	Écart	Écart %	Cl	Temps	Écart	Écart %	Temps	Moy. %
RÉSULTATS																					
1	5	DEJOUR Hugo	U15-H	1	3:26.0		0.00	1	1:34.0		0.00	1	0:29.0		0.00	2	31.28	00.41	13.28	6:00.28	3.32
2	1	MANDEL Lucas	U18-H	2	3:42.0	0:16.0	77.67	2	1:40.0	0:06.0	63.83	2	0:30.0	0:01.0	34.48	1	30.87		0.00	6:22.87	44.00
3	4	CADET Tom	U16-H	4	3:56.0	0:30.0	145.63	3	1:43.0	0:09.0	95.74	3	0:31.0	0:02.0	68.97	5	32.83	01.96	63.49	6:42.83	93.46
4	2	MONNIER Loïc	U18-H	7	3:58.0	0:32.0	155.34	7	1:48.0	0:14.0	148.94	3	0:31.0	0:02.0	68.97	3	31.54	00.67	21.70	6:48.54	98.74
5	9	CONVERS Thomas	U16-H	6	3:57.0	0:31.0	150.49	3	1:43.0	0:09.0	95.74	5	0:32.0	0:03.0	103.45	6	32.98	02.11	68.35	6:44.98	104.51
6	3	CHEVALIER Clément	U16-H	3	3:47.0	0:21.0	101.94	7	1:48.0	0:14.0	148.94	8	0:33.0	0:04.0	137.93	4	32.36	01.49	48.27	6:40.36	109.27
7	8	PATUREL Gaetan	U14-H	4	3:56.0	0:30.0	145.63	6	1:47.0	0:13.0	138.30	5	0:32.0	0:03.0	103.45	8	33.44	02.57	83.25	6:48.44	117.66
8	6	DECHAMBOUX Félix	U18-H	9	4:10.0	0:44.0	213.59	3	1:43.0	0:09.0	95.74	5	0:32.0	0:03.0	103.45	7	33.08	02.21	71.59	6:58.08	121.09
9	7	CHAMOUX Mathilde	U16-D	8	4:03.0	0:37.0	179.61	9	1:52.0	0:18.0	191.49	10	0:34.0	0:05.0	172.41	10	34.68	03.81	123.42	7:03.68	166.73
10	10	VEDOVINI Alexis	U16-H	10	4:19.0	0:53.0	257.28	9	1:52.0	0:18.0	191.49	10	0:34.0	0:05.0	172.41	9	34.55	03.68	119.21	7:19.55	185.10
11	15	GURLIAT Quentin	U16-H	12	4:25.0	0:59.0	286.41	11	1:55.0	0:21.0	223.40	8	0:33.0	0:04.0	137.93	11	34.75	03.88	125.69	7:27.75	193.36
12	12	PERROUD Dorian	U13-H	11	4:21.0	0:55.0	266.99	14	2:04.0	0:30.0	319.15	12	0:35.0	0:06.0	206.90	13	35.94	05.07	164.24	7:35.94	239.32
13	17	BOUSQUET Marie	U13-D	14	4:37.0	1:11.0	344.66	12	2:00.0	0:26.0	276.60	12	0:35.0	0:06.0	206.90	12	35.90	05.03	162.94	7:47.90	247.77
14	11	FROIDURE Clémentine	U15-D	13	4:26.0	1:00.0	291.26	13	2:01.0	0:27.0	287.23	16	0:36.0	0:07.0	241.38	15	36.80	05.93	192.10	7:39.80	252.99
15	13	ROGUET Matéo	U14-H	17	4:57.0	1:31.0	441.75	15	2:08.0	0:34.0	361.70	12	0:35.0	0:06.0	206.90	14	36.19	05.32	172.34	8:16.19	295.67
16	21	LEVET Gaston	U13-H	17	4:57.0	1:31.0	441.75	18	2:12.0	0:38.0	404.26	12	0:35.0	0:06.0	206.90	16	36.97	06.10	197.60	8:20.97	312.63
17	14	MONNIER Chloé	U19-D	15	4:50.0	1:24.0	407.77	16	2:10.0	0:36.0	382.98	17	0:37.0	0:08.0	275.86	18	38.33	07.46	241.66	8:15.33	327.07
18	18	BASTHARD-BOGAIN Léa	U13-D	16	4:53.0	1:27.0	422.33	17	2:11.0	0:37.0	393.62	17	0:37.0	0:08.0	275.86	20	38.60	07.73	250.40	8:19.60	335.55
19	19	PILLER Stéphanie	U14-D	20	5:05.0	1:39.0	480.58	20	2:17.0	0:43.0	457.45	17	0:37.0	0:08.0	275.86	17	37.51	06.64	215.10	8:36.51	357.25
20	22	GURLIAT Mathis	U13-H	21	5:07.0	1:41.0	490.29	21	2:18.0	0:44.0	468.09	17	0:37.0	0:08.0	275.86	19	38.39	07.52	243.60	8:40.39	369.46
21	20	LEROY Adèle	U14-D	19	5:01.0	1:35.0	461.17	19	2:15.0	0:41.0	436.17	22	0:40.0	0:11.0	379.31	22	40.85	09.98	323.29	8:36.85	399.98
22	16	GRENARD Romane	U16-D	22	5:19.0	1:53.0	548.54	22	2:19.0	0:45.0	478.72	21	0:38.0	0:09.0	310.34	21	39.48	08.61	278.91	8:55.48	404.13
	25	BOUSQUET Matthieu	SEN-H		3:30.0	0:04.0	19.42		1:36.0	0:02.0	21.28		0:30.0	0:01.0	34.48		39.45	08.58	277.94	6:15.45	88.28
	26	GURLIAT Stéphane	SEN-H		3:35.0	0:09.0	43.69		1:40.0	0:06.0	63.83		0:32.0	0:03.0	103.45		32.64	01.77	57.34	6:19.64	67.08
	28	TOURNIER Christophe	SEN-H													32.55	01.68	54.42			

Départs individuels toutes les 10 secondes

Séance :

Échauffement 40 minutes

Environ 15 minutes entre M1 et M2, 15' entre M2 et M3, 10' entre M3 et M4

Récup 5 minutes