



TEST REGULARITE N°1 : COURSE À PIED

Sam. 08/09/2017 – Parcours familial & sportif de la Roche (petit tour)

U12+U13 = 6 tours réguliers + 1 à fond, U14 et + = 7 tours réguliers + 1 à fond

Cl	Dos	Nom et prénom	Catég.	Tour 1	Tour 2	Tour 3	Tour 4	Tour 5	Tour 6	Tour 7	Moyenne	Écart ±	Tour 8	Accél.	TOTAL
U12 + U13															
1	6	LINA LEVET	U13-F	4:23.1	4:11.8	4:14.0	4:20.5	4:27.9	4:27.2		4:20.8	0:16.1	3:46.6	0:34.2	29:51.1
2	19	ROBIN VALLEIX	U12-M	4:21.2	4:22.4	4:38.2	4:36.7	4:36.7	4:27.7		4:30.5	0:17.0	3:26.3	1:04.2	30:29.2
3	7	CHLOE ORVAIN	U13-F	3:58.1	4:18.0	4:04.9	4:16.4	4:11.0	4:19.3		4:11.3	0:21.2	3:23.0	0:48.3	28:30.7
4	2	BORIS GUILLOT	U12-M	3:30.1	3:38.6	3:34.9	3:57.5	3:38.8	3:56.8		3:42.8	0:27.4	3:18.7	0:24.1	25:35.4
5	23	ARTHUR MENCIER	U13-M	4:03.6	4:11.5	4:33.3	4:28.1	4:35.7	4:23.0		4:22.5	0:32.1	3:28.8	0:53.7	29:44.0
6	21	MALLORY MOREAU	U12-M	4:03.2	4:24.3	4:42.6	4:41.8	4:39.0	4:22.8		4:29.0	0:39.4	3:18.4	1:10.6	30:12.1
7	16	LISE TEYSSIER	U12-F	4:32.8	4:56.3	5:34.8	6:03.3	5:27.7	5:45.5		5:23.4	1:30.5	4:42.1	0:41.3	37:02.5
-	24	BAPTISTE SARTORI	U12-M	5:16.2	5:51.5	6:22.1	6:34.6	6:19.4	6:16.8		6:06.8	1:18.4	-	-	36:40.6

U14 et +															
1	8	MAXIME COLET	U16-M	3:58.2	4:13.5	3:54.0	4:04.8	4:04.0	4:02.6	4:10.2	4:03.9	0:19.5	3:32.5	0:31.4	31:59.8
2	11	JORIS VALLEIX	U14-M	3:43.8	3:47.1	4:00.0	3:53.5	3:56.2	4:01.0	4:03.6	3:55.0	0:19.8	2:53.7	1:01.3	30:18.9
3	12	GASTON LEVET	U15-M	3:36.1	3:44.1	3:47.9	3:52.4	3:57.1	3:56.1	4:00.2	3:50.6	0:24.1	3:22.1	0:28.5	30:16.0
4	15	MAELIG LE LIGNE	U16-M	3:34.6	3:34.8	3:43.1	3:51.9	3:57.1	3:59.5	3:53.9	3:47.8	0:24.9	3:03.2	0:44.6	29:38.1
5	20	SIMEON MOREAU	U14-M	4:14.2	4:27.1	4:42.7	4:40.0	4:42.7	4:23.6	4:28.5	4:31.3	0:28.5	3:48.7	0:42.6	35:27.5
6	17	ADELE TEYSSIER	U14-F	4:08.6	4:22.2	4:26.0	4:35.3	4:39.1	4:33.7	4:34.9	4:28.5	0:30.5	3:42.6	0:45.9	35:02.4
7	13	MARIE BOUSQUET	U15-F	3:40.9	3:50.4	3:56.6	4:07.1	4:00.6	4:19.4	4:02.3	3:59.6	0:38.5	3:28.4	0:31.2	31:25.7
8	14	DORIAN PERROUD	U15-M	3:18.2	3:46.5	3:42.1	3:54.1	3:56.4	3:56.9	3:57.9	3:47.4	0:39.7	2:35.0	1:12.4	29:07.1
9	5	MAX GRECARD	U14-M	3:15.0	3:32.5	3:24.5	3:47.4	3:53.8	3:57.7	3:58.3	3:41.3	0:43.3	3:31.2	0:10.1	29:20.4
10	25	SAMUEL BELLE-CLOT	U15-M	3:10.4	3:17.8	3:23.3	3:31.7	3:41.6	3:49.5	3:58.3	3:33.2	0:47.9	2:28.0	1:05.2	27:20.6
11	3	PAUL SYLVESTRE-B.	U14-M	4:17.4	4:30.9	4:48.2	5:00.7	5:06.0	4:44.9	4:30.4	4:42.6	0:48.6	3:20.1	1:22.5	36:18.6
12	4	ALEXIS COLOMBAN	U14-M	3:32.7	3:43.9	3:46.5	4:00.5	4:34.6	4:37.9	3:52.6	4:01.2	1:05.2	2:55.4	1:05.8	31:04.1
13	10	MAE FOUCAULT-L.	U14-M	3:50.4	4:02.2	4:11.2	4:08.5	4:18.7	5:18.7	5:35.4	4:32.8	1:45.0	4:57.0	← tour normal	36:22.1
-	22	MATEO ROGUET	U16-M	4:01.6	4:08.6	4:13.8	4:45.5	4:57.3	5:03.3	-	4:31.7	1:01.7	-	-	27:10.1
-	9	CLEMENCE MANDEL	U17-F	4:18.0	4:36.8	4:29.2	4:35.2	4:36.4	-	-	4:31.1	0:18.8	-	-	22:35.6
-	18	DIWAN MILLET	U14-M	4:26.8	5:24.6	5:45.8	6:51.8	6:11.8	-	-	5:44.2	2:25.0	-	-	28:40.8
-	1	MATHILDE DORIOT	U14-F	4:28.9	5:05.1	5:42.5	-	-	-	-	5:05.5	1:13.6	-	-	15:16.5

Classement sur la régularité

Départ toutes les 10 secondes, bonnes conditions

Note : beaucoup de travail pour revenir dans le vert !!

Echauffement + récup = 25min, durée travail = entre 25 et 35min