



EXERCICE ACCÉLÉRATIONS : COURSE À PIED

Mer. 12/09/2018 – Parcours familial & sportif de la Roche (petit tour)

Cl	Dos	Nom et prénom	Catég.	Tour 1	Tour 2	Moyenne	Écart entre tours
1	1	SAMUEL	U15-H	2:28.0 x	2:31.0	2:29.5	0:03.0
2	1	DORIAN	U15-H	2:36.0	2:34.0 x	2:35.0	0:02.0
3	2	JORIS	U14-H	2:52.0	2:48.0 x	2:50.0	0:04.0
4	1	GASTON	U15-H	2:57.0 x	2:58.0	2:57.5	0:01.0
5	4	PAUL	U14-H	2:59.0 x	3:03.0	3:01.0	0:04.0
6	6	ETHAN	U12-H	2:59.0 x	3:04.0	3:01.5	0:05.0
7	2	MAX	U14-H	3:01.0 x	3:03.0	3:02.0	0:02.0
8	5	ELLIOT	U12-H	3:01.0 x	3:03.0	3:02.0	0:02.0
9	2	LEA	U15-D	3:00.0 x	3:09.0	3:04.5	0:09.0
10	3	MATHIS	U15-H	3:00.0 x	3:10.0	3:05.0	0:10.0
11	3	MAGALI	U19-D	3:02.0 x	3:16.0	3:09.0	0:14.0
12	5	ARTHUR	U13-H	3:05.0 x	3:17.0	3:11.0	0:12.0
13	6	MALLORY	U12-H	2:59.0 x	3:34.0	3:16.5	0:35.0
14	4	CHLOE	U13-D	3:17.0 x	3:26.0	3:21.5	0:09.0
15	7	SIMEON	U14-H	3:24.0	3:21.0 x	3:22.5	0:03.0
16	3	ADRIEN	U15-H	3:18.0 x	3:32.0	3:25.0	0:14.0
17	7	ADELE	U14-D	3:25.0 =	3:25.0 =	3:25.0	0:00.0
18	5	GABRIEL	U12-H	3:22.0 x	4:05.0	3:43.5	0:43.0
19	6	ROBINSON	U12-H	3:51.0	3:48.0 x	3:49.5	0:03.0
20	7	MATHILDE	U14-D	3:58.0 x	4:10.0	4:04.0	0:12.0
21	8	LISE	U12-D	4:24.0	4:04.0 x	4:14.0	0:20.0
22	8	BAPTISTE	U12-H	4:24.0 x	5:33.0	4:58.5	1:09.0
23	8	DIWAN	U14-H	4:52.0 x	6:00.0	5:26.0	1:08.0
	4	LINA	U13-D	4:36.0			

Départ 3 par 3 toutes les 15 secondes

Echauffement : 45minutes, puis 1 petit tour + 6' récup environ + 1 petit tour

Consigne : aller le plus vite possible