



EXERCICE REGULARITE N°2 : COURSE À PIED

Mer. 26/09/2017 – Parcours familial & sportif de la Roche (petit tour)

U12+U13 = 5 tours réguliers + 1 à fond, U14 et + = 6 tours réguliers + 1 à fond

Cl	Dos	Nom et prénom	Catég.	Tour 1	Tour 2	Tour 3	Tour 4	Tour 5	Tour 6	Moyenne	Écart ±	Tour 7	Accél.	TOTAL
U12 + U13														
1	17	VALLEIX ROBIN	U12-M	4:22.8	4:38.4	4:29.8	4:27.7	4:38.7		4:31.5	0:15.9	3:36.9	0:54.6	26:14.3
2	4	CHAIGNEAU ETHAN	U12-M	4:00.0	4:15.0	4:02.5	4:17.2	4:13.9		4:09.7	0:17.2	3:01.5	1:08.2	23:50.0
3	21	MENCIER ARTHUR	U13-M	4:04.5	4:09.9	4:18.4	4:23.7	4:21.8		4:15.7	0:19.2	3:15.8	0:59.9	24:34.2
4	13	MOREAU MALLORY	U12-M	4:20.6	4:35.4	4:28.3	4:35.5	4:49.0		4:33.8	0:28.4	3:49.9	0:43.9	26:38.8
5	18	ORVAIN CHLOE	U13-F	3:58.1	4:09.4	4:11.7	4:24.5	4:29.7		4:14.7	0:31.6	3:20.1	0:54.6	24:33.5
6	1	LOUVION ELLIOT	U12-M	3:55.2	4:05.6	4:16.2	4:16.9	4:28.0		4:12.4	0:32.8	3:18.8	0:53.6	24:20.6
7	10	TEYSSIER LISE	U12-F	4:52.2	4:45.3	4:55.7	5:28.1	5:26.2		5:05.5	0:42.8	4:15.0	0:50.5	29:42.5
8	7	LEVET LINA	U13-F	4:18.7	4:32.2	5:13.5	5:03.8	4:48.8		4:47.4	0:54.8	3:51.4	0:56.0	27:48.4
9	2	DESALMAND GABRIEL	U12-M	4:29.0	4:44.4	5:01.8	5:33.9	5:18.7		5:01.6	1:04.9	4:28.4	0:33.2	29:36.1
10	5	MAURY ROBINSON	U12-M	4:18.6	4:56.3	5:08.9	5:28.9	6:35.3		5:17.6	2:16.7	4:13.0	1:04.6	30:41.0
	12	SARTORI BAPTISTE	U12-M	5:33.0	6:17.6	6:24.6	6:33.2	5:53.7		6:08.4	1:00.2	-		DNF
U14 + U15														
1	19	VALLEIX JORIS	U14-M	3:55.0	4:07.7	4:07.4	4:07.0	4:03.8	4:09.5	4:05.1	0:14.5	2:42.3	1:22.8	27:12.7
2	20	TEYSSIER ADELE	U14-F	4:13.3	4:05.4	4:16.2	4:15.3	4:15.4	4:20.0	4:14.3	0:14.6	3:49.4	0:24.9	29:15.0
3	6	PERROUD DORIAN	U15-M	3:49.5	3:56.3	3:57.0	4:06.9	4:09.3	3:55.0	3:59.0	0:19.8	2:37.0	1:22.0	26:31.0
4	14	BOGAIN LEA	U15-F	4:02.1	4:12.1	4:19.3	4:24.7	4:25.9	4:13.2	4:16.2	0:23.8	3:03.7	1:12.5	28:41.0
5	15	MOREAU SIMEON	U14-M	4:10.2	4:15.1	4:12.8	4:27.0	4:22.7	4:39.0	4:21.1	0:28.8	3:37.4	0:43.7	29:44.3
6	11	SYLVESTRE BARON PAUL	U14-M	4:41.9	4:34.2	4:59.6	4:40.6	4:37.4	4:29.3	4:40.5	0:30.3	3:14.6	1:25.9	31:17.5
7	23	GRENARD MAX	U14-M	3:46.5	3:55.2	4:10.6	4:17.3	4:10.5	4:04.8	4:04.2	0:30.8	3:07.1	0:57.1	27:32.0
8	22	GURLIAT MATHIS	U15-M	3:53.5	4:10.1	4:24.4	4:26.9	4:35.0	4:33.0	4:20.5	0:41.5	3:27.1	0:53.4	29:29.9
9	16	VIRON ADRIEN	U15-M	4:04.8	4:31.6	4:39.2	4:39.3	4:50.8	4:45.0	4:35.1	0:46.0	3:30.5	1:04.6	31:01.3
10	3	DORIOT MATHILDE	U14-F	4:27.4	4:54.9	5:15.6	5:22.9	5:11.9	5:13.0	5:04.3	0:55.5	4:12.4	0:51.9	34:38.1
	8	COLOMBAN ALEXIS	U14-M	4:25.2	4:16.2	4:20.5	4:23.7	4:23.7	4:12.1	4:20.2	0:13.1	2:43.9	1:36.3	28:45.4
	9	MILLET DIWAN	U14-M	5:07.6	4:57.7	5:50.9	6:30.1	5:47.6	5:41.2	5:39.2	1:32.4	-		DNF

Classement sur la régularité

Départ toutes les 15 secondes, bonnes conditions

Échauffement + récup = 45min, durée exercice = entre 25 et 35 minutes