

## Exercice KO Sprint – La Féclaz – 27/08/2019

Parcours : plat, sur le stade de départ et les boucles autour  
Échauffement : environ 30 minutes, récup : 15' entre les séries

QUALIFICATIONS				1ère série				2e série				3e série			
1	Joris	U15-M	02:06.0	1	Joris	U15-M	02:11.0	1	Joris	U15-M	02:09.0	1	Joris	U15-M	02:06.0
2	Max	U15-M	02:15.0	2	Alexis	U15-M	02:15.0	2	Max	U15-M	02:17.0	2	Alexis	U15-M	02:11.0
3	Alexis	U15-M	02:16.0	3	Max	U15-M	02:16.0	3	Alexis	U15-M	02:17.0	3	Max	U15-M	02:13.0
4	Chloé	U14-F	02:29.0	4	Chloé	U14-F	02:24.0	4	Chloé	U14-F	02:26.0	4	Boris	U13-M	02:23.0
5	Boris	U13-M	02:31.0	5	Boris	U13-M	02:26.0	5	Paul	U15-M	02:42.0	5	Prosper	U15-M	02:28.0
6	Prosper	U15-M	02:32.0	6	Prosper	U15-M	02:28.0	-	Arthur	U14-M		6	Chloé	U14-F	02:29.0
7	Arthur	U14-M	02:33.0												
7	Elliot	U13-M	02:33.0	1	Arthur	U14-M	02:29.0	1	Boris	U13-M	02:29.0	1	Elliot	U13-M	02:31.0
9	Mallory	U13-M	02:38.0	2	Paul	U15-M	02:29.0	2	Prosper	U15-M	02:30.0	2	Mallory	U13-M	02:33.0
9	Paul	U15-M	02:38.0	3	Mallory	U13-M	02:30.0	3	Elliot	U13-M	02:36.0	3	Paul	U15-M	02:33.0
11	Siméon	U15-M	02:40.0	4	Elliot	U13-M	02:34.0	4	Siméon	U15-M	02:36.0	4	Siméon	U15-M	02:39.0
12	Gabriel	U13-M	02:50.0	5	Siméon	U15-M	02:35.0	5	Mallory	U13-M	02:37.0	5	Diwan	U15-M	02:43.0
13	Robin	U13-M	02:53.0	6	Gabriel	U13-M	02:43.0	6	Diwan	U15-M	02:37.0	6	Nicolas	U12-M	02:56.0
14	Nicolas	U12-M	02:54.0	7	Robin	U13-M	02:53.0	7	Gabriel	U13-M	02:38.0	7	Robin	U13-M	02:56.0
15	Adrien	U16-M	03:00.0	8	Nicolas	U12-M	02:53.0	8	Adrien	U16-M	02:38.0	-	Arthur	U14-M	
16	Diwan	U15-M	03:01.0												
17	Baptiste S	U13-M	03:07.0	1	Adrien	U16-M	02:42.0	1	Robin	U13-M	03:00.0	1	Adrien	U16-M	02:43.0
18	Kilian	U14-M	03:08.0	2	Diwan	U15-M	02:47.0	2	Nicolas	U12-M	03:01.0	2	Gabriel	U13-M	02:51.0
19	Baptiste R	U12-M	03:10.0	3	Kilian	U14-M	03:06.0	3	Kilian	U14-M	03:03.0	3	Kilian	U14-M	03:05.0
20	Thibault	U12-M	03:12.0	4	Charly	U12-M	03:06.0	4	Charly	U12-M	03:04.0	4	Baptiste R	U12-M	03:15.0
21	Charly	U12-M	03:15.0	5	Baptiste R	U12-M	03:07.0	5	Baptiste R	U12-M	03:09.0	5	Charly	U12-M	03:15.0
22	Eve	U12-F	03:37.0	6	Thibault	U12-M	03:10.0	6	Thibault	U12-M	03:14.0	6	Thibault	U12-M	03:15.0
				7	Baptiste S	U13-M	03:15.0	7	Baptiste S	U13-M	03:32.0	7	Baptiste S	U13-M	03:36.0
				8	Eve	U12-F	03:27.0	8	Eve	U12-F	03:35.0	8	Eve	U12-F	03:38.0

### Classement sur la moyenne des temps

1	Joris	U15-M	02:08.0	7	Elliot	U13-M	02:33.5	13	Diwan	U15-M	02:47.0	19	Thibault	U12-M	03:12.8
2	Alexis	U15-M	02:14.8	8	Mallory	U13-M	02:34.5	14	Robin	U13-M	02:55.5	20	Baptiste S	U13-M	03:22.5
3	Max	U15-M	02:15.3	9	Paul	U15-M	02:35.5	15	Nicolas	U12-M	02:56.0	21	Eve	U12-F	03:34.3
4	Chloé	U14-F	02:27.0	10	Siméon	U15-M	02:37.5	16	Kilian	U14-M	03:05.5		Arthur	U14-M	02:31.0
5	Boris	U13-M	02:27.3	11	Gabriel	U13-M	02:45.5	17	Charly	U12-M	03:10.0				
6	Prosper	U15-M	02:29.5	12	Adrien	U16-M	02:45.8	18	Baptiste R	U12-M	03:10.3				