



# EXERCICE ACCELERATIONS : COURSE À PIED

Mer. 11/09/2019 – Parcours familial & sportif de la Roche  
Petit tour (650m environ)

Cl't	Dos	Nom et prénom	Catég.	Tour 1	Tour 2	Tour 3	Moyenne	Meilleur
1	21	COLOMBAN ALEXIS	U15-M	2:33.4	2:39.8	2:46.1	<b>2:39.8</b>	2:33.4
2	6	BOUSQUET MARIE	U16-F	2:47.1	2:45.1	2:45.8	<b>2:46.0</b>	2:45.1
3	18	GUILLOT BORIS	U13-M	2:47.0	2:53.2		<b>2:50.1</b>	2:47.0
4	7	SYLVESTRE BARON PAUL	U15-M	2:52.3	2:59.3	3:06.4	<b>2:59.3</b>	2:52.3
5	2	LEVET PROSPER	U15-M	2:54.5	2:57.3	3:19.0	<b>3:03.6</b>	2:54.5
6	1	LOUVION ELLIOT	U13-M	3:04.2	3:03.3		<b>3:03.8</b>	3:03.3
7	14	DURIX MURIX SOLAL	U12-M	3:06.3	3:06.1		<b>3:06.2</b>	3:06.1
8	15	LEVET LINA	U14-F	3:00.1	3:10.2	3:08.9	<b>3:06.4</b>	3:00.1
9	8	ORVAIN CHLOE	U14-F	2:56.8	3:09.4	3:15.7	<b>3:07.3</b>	2:56.8
10	12	MENCIER ARTHUR	U14-M	3:05.5	3:09.4	3:13.8	<b>3:09.6</b>	3:05.5
11	19	MOREAU SIMEON	U15-M	3:06.1	3:13.4	3:16.3	<b>3:11.9</b>	3:06.1
12	23	DESALMAND GABRIEL	U13-M	3:14.3	3:12.6		<b>3:13.4</b>	3:12.6
13	9	CHAVEROT EVE	U12-F	3:24.8	3:17.7		<b>3:21.3</b>	3:17.7
14	10	JOSSERAND ALEXIS	U13-M	3:14.6	3:29.9		<b>3:22.3</b>	3:14.6
15	22	NOZIN KILIAN	U14-M	3:28.8	3:16.8	3:28.5	<b>3:24.7</b>	3:16.8
16	4	MOREAU MALLORY	U13-M	3:27.6	3:22.1		<b>3:24.8</b>	3:22.1
17	20	VALLEIX ROBIN	U13-M	3:27.1	3:30.3		<b>3:28.7</b>	3:27.1
18	5	REUIL BAPTISTE	U12-M	3:30.2	3:27.7		<b>3:28.9</b>	3:27.7
19	13	PAWLIKOWSKI ELISE	U13-F	3:32.7	3:34.5		<b>3:33.6</b>	3:32.7
20	3	GRENARD CHARLY	U12-M	3:36.6	3:35.6		<b>3:36.1</b>	3:35.6
21	11	GRENARD THIBAULT	U12-M	3:39.2	3:36.9		<b>3:38.1</b>	3:36.9
22	17	TEYSSIER LISE	U13-F	3:54.9	3:57.3		<b>3:56.1</b>	3:54.9
23	16	WATTIN ARTUR	U12-M	4:09.9	3:54.1		<b>4:02.0</b>	3:54.1

Départ toutes les 10 secondes

Echauffement : 30 minutes, 2 ou 3 x (1 petit tour + 6' récup environ)

Consigne : aller le plus vite possible