



EXERCICE ALLURES : COURSE À PIED

Sam. 02/10/2021 – Parcours familial & sportif de la Roche / Petit tour (650m)

| U12 + U13 | | Régularité | | | | | | | | | | A fond ! | | Durée totale | |
|-----------|-------------------|------------|--------|--------|--------|--------|--------|--------|--------|---------|---------|----------|------------|--------------|---------|
| | | Tour 1 | Tour 2 | Tour 3 | Tour 4 | Tour 5 | Tour 6 | Tour 7 | Tour 8 | Moyenne | Ecart ± | Temps | Ecart/Régu | | |
| 18 | TROUILLET NATHAEL | U12-M | 4:26.8 | 4:28.2 | 4:28.6 | 4:25.6 | 4:31.9 | 4:28.5 | | 4:28.3 | 0:06.3 | | 3:18.7 | 1:09.6 | 30:08.3 |
| 22 | COLET NEVE | U13-F | 4:47.4 | 4:47.4 | 4:49.2 | 4:49.7 | 4:52.5 | 4:57.0 | | 4:50.5 | 0:09.6 | | 3:30.4 | 1:20.1 | 32:33.6 |
| 25 | MUZI NOAH | U12-M | 5:26.3 | 5:22.2 | 5:30.2 | 5:29.3 | 5:35.0 | | | 5:28.6 | 0:12.8 | | 4:02.5 | 1:26.1 | 31:25.5 |
| 20 | LEVET HYACINTHE | U13-M | 5:10.3 | 5:12.0 | 5:23.2 | 5:13.3 | 4:55.0 | | | 5:10.8 | 0:28.2 | | 3:45.4 | 1:25.4 | 29:39.2 |
| 21 | MAFFIOLI JOHAN | U13-M | 4:55.1 | 5:11.6 | 5:23.5 | 5:16.4 | 5:12.3 | | | 5:11.8 | 0:28.4 | | 3:39.4 | 1:32.4 | 29:38.3 |
| 26 | CHAVEROT TOM | U12-M | 4:37.0 | 4:41.5 | 4:52.1 | 5:14.8 | 4:58.1 | 4:31.7 | | 4:49.2 | 0:43.1 | | 3:26.6 | 1:22.6 | 32:21.8 |
| 23 | CHARITAT NATHAN | U12-M | 4:33.7 | 5:07.3 | 5:10.6 | 5:24.7 | 5:34.3 | | | 5:10.1 | 1:00.6 | | 3:48.6 | 1:21.5 | 29:39.2 |
| 19 | JUAREZ EMMA | U13-F | 4:20.7 | 4:41.8 | 4:48.8 | 5:02.5 | 5:03.8 | 5:22.8 | | 4:53.4 | 1:02.1 | | 4:32.4 | 0:21.0 | 33:52.8 |
| 24 | ORVAIN THIBAUT | U12-M | 4:26.2 | 5:41.4 | 6:10.8 | 6:37.0 | 6:01.7 | | | 5:47.4 | 2:10.8 | | 3:57.5 | 1:49.9 | 32:54.6 |

| U14 et + | | Régularité | | | | | | | | | | Allure course | | A fond ! | | Durée totale | |
|----------|---------------------|------------|--------|--------|--------|--------|----------|----------|----------|---------|---------|---------------|------------|----------|--------------|--------------|---------|
| | | Tour 1 | Tour 2 | Tour 3 | Tour 4 | Tour 5 | Tour 6 | Tour 7 | Tour 8 | Moyenne | Ecart ± | Temps | Ecart/Régu | Temps | Ecart/course | | |
| 17 | CHAVEROT EVE | U14-F | 3:48.6 | 3:55.2 | 3:59.8 | 3:47.5 | 3:56.4 | 3:56.5 | 3:54.8 | 3:54.0 | 3:54.1 | 0:12.3 | 3:12.4 | 0:41.7 | 3:06.7 | 0:05.7 | 37:31.9 |
| 14 | GUILLOT BORIS | U15-M | 4:33.2 | 4:30.6 | 4:36.3 | 4:34.4 | 4:43.7 | 4:41.5 | 4:30.6 | | 4:35.8 | 0:13.1 | 3:09.1 | 1:26.7 | 2:30.4 | 0:38.7 | 37:49.8 |
| 11 | NEUVILLE ANOUCHKA | U15-F | 4:29.6 | 4:47.6 | 4:36.2 | 4:37.7 | 4:42.3 | 4:45.3 | 4:31.9 | | 4:38.7 | 0:18.0 | 3:15.1 | 1:23.6 | 2:57.7 | 0:17.4 | 38:43.4 |
| 12 | LAFLECHE EUGENIE | U15-F | 4:35.7 | 4:46.8 | 4:39.1 | 4:45.7 | (6:09.6) | 4:54.4 | | | 4:44.3 | 0:18.7 | 4:29.2 | 0:15.1 | 4:16.1 | 0:13.1 | 38:36.6 |
| 5 | PAWLKOWSKI ELISE | U15-F | 4:24.8 | 4:35.8 | 4:41.6 | 4:45.6 | 4:41.9 | 4:37.1 | 4:42.5 | | 4:38.5 | 0:20.8 | 3:28.5 | 1:09.9 | 2:58.3 | 0:30.2 | 38:56.1 |
| 13 | FABBRI MARGOT | U14-F | 4:37.6 | 4:34.5 | 4:30.1 | 4:36.6 | 4:55.2 | 4:46.8 | 4:33.9 | | 4:39.2 | 0:25.1 | 3:56.1 | 0:43.1 | 3:40.3 | 0:15.8 | 40:11.1 |
| 7 | DELAJOU—J. CELIAN | U15-M | 4:09.1 | 4:09.9 | 4:34.5 | 4:38.1 | 4:28.3 | 4:26.3 | 4:24.7 | | 4:24.4 | 0:29.0 | 3:11.1 | 1:13.3 | 2:48.4 | 0:22.7 | 36:50.4 |
| 10 | FABBRI MYRTILLE | U15-F | 4:47.6 | 4:47.1 | 4:45.6 | 4:45.2 | 4:59.8 | 5:13.2 | 4:43.2 | | 4:51.7 | 0:30.0 | 3:45.1 | 1:06.6 | 3:30.7 | 0:14.4 | 41:17.5 |
| 9 | GRECARD CHARLY | U14-M | 4:43.7 | 4:54.0 | 4:43.9 | 4:42.4 | 5:09.5 | 5:13.6 | 4:49.2 | | 4:53.8 | 0:31.2 | 3:41.0 | 1:12.8 | 3:11.7 | 0:29.3 | 41:09.0 |
| 15 | TEYSSIER LISE | U15-F | 4:20.7 | 4:40.0 | 4:46.0 | 4:49.2 | 4:53.6 | 4:40.5 | 4:46.6 | | 4:42.4 | 0:32.9 | 3:47.4 | 0:54.9 | 3:26.0 | 0:21.4 | 40:10.0 |
| 1 | VALLEIX ROBIN | U15-M | 4:35.1 | 4:52.5 | 5:05.9 | 5:16.6 | 5:10.7 | 5:07.9 | | | 5:01.4 | 0:41.5 | 3:50.2 | 1:11.3 | 3:24.5 | 0:25.7 | 37:23.4 |
| 4 | GRECARD THIBAUT | U14-M | 4:24.4 | 4:50.9 | 5:08.6 | 4:57.5 | 5:02.1 | 4:52.3 | 4:53.0 | | 4:52.7 | 0:44.2 | 3:48.0 | 1:04.7 | 3:36.6 | 0:11.4 | 41:33.4 |
| 2 | JOSSERAND ALEXIS | U15-M | 4:46.2 | 5:06.1 | 5:28.8 | 5:31.6 | 5:37.5 | 5:28.5 | | | 5:19.8 | 0:51.3 | 3:23.1 | 1:56.7 | 3:01.4 | 0:21.7 | 38:23.2 |
| * | 8 LOUVION ELLIOT | U15-M | 4:03.4 | 4:05.9 | 4:20.4 | 4:26.4 | 4:14.1 | 4:22.4 | 4:12.9 | | 4:15.1 | 0:23.0 | 3:03.9 | 3:16.2 | 1:05.0 | | 36:05.6 |
| * | 3 DESALMAND GABRIEL | U15-M | 4:13.4 | 4:25.7 | 4:26.5 | 4:20.2 | 4:36.8 | 4:25.9 | 4:24.7 | | 4:24.7 | 0:23.4 | 3:12.9 | 3:20.7 | 1:07.9 | | 37:26.8 |
| * | 16 MOREAU MALLORY | U15-M | 4:11.0 | 4:28.9 | 4:41.2 | 4:29.8 | 4:48.9 | 4:44.4 | 4:36.9 | 4:29.8 | 4:33.9 | 0:37.9 | | | | | 36:30.9 |
| * | 6 BRUIX MATHILDE | U16-F | 4:46.2 | 5:07.4 | 5:03.9 | 5:16.0 | 5:28.2 | (6:14.7) | (6:26.6) | | 5:08.3 | 0:42.0 | | | | | 38:22.7 |

Echauffement : 10 à 15 minutes, récup 10 minutes

Départ toutes les 15 secondes, bonnes conditions

Classement sur la régularité

Claudie : 4:41/4:47/4:47/4:57/4:49/4:54 (régularité) + 3:23 (course)

Maxime : 4:30 (entraînement) + 3:15 (course) + 2:45 (à fond)

* adaptations à cause de genoux douloureux

Code couleur :

| | |
|--|----------------------------------|
| | Bien/TB |
| | Correct/Moyen |
| | à améliorer |
| | Amélioration importante attendue |