







EXERCICE REGULARITE COURSE À PIED

Sam. 01/10/2022 – Parcours familial & sportif de la Roche

Petit tour (650m)

Cl	Dos	Nom et prénom	Tour 1	Tour 2	Tour 3	Tour 4	Tour 5	Tour 6	Moyenne	Écart ±	Durée totale
1	6	HAILLANT CYRIL	4:29.8	4:35.4	4:38.3	4:34.3	4:29.5	-	4:33.5	0:08.8	22:47.3
2	11	LEVET HYACINTE	4:22.0	4:29.7	4:28.4	4:19.9	4:24.7	-	4:24.9	0:09.8	22:04.7
3	7	NEUVILLE TITOUAN	3:56.2	3:58.4	4:04.1	4:08.7	4:01.8	-	4:01.8	0:12.5	20:09.2
4	10	PRUD'HOMME ANAELLE	3:36.0	3:41.3	3:49.6	3:46.0	3:44.2	3:39.0	3:42.7	0:13.6	22:16.1
5	9	CHAVEROT NOE	3:47.4	3:56.3	3:55.1	3:57.1	3:46.9	3:43.4	3:51.0	0:13.7	23:06.2
6	2	TROUILLET NATHAEL	3:59.4	4:00.9	4:09.6	4:12.3	4:13.7	-	4:07.2	0:14.3	20:35.9
7	5	CHAVEROT TOM	3:47.2	3:51.1	4:02.7	3:52.6	3:54.3	4:02.6	3:55.1	0:15.5	23:30.5
8	15	KOLB TAO	4:03.4	4:04.0	4:17.4	4:23.5	4:13.5	-	4:12.4	0:20.1	21:01.8
9	1	DUQUESNOY BAPTISTE	3:51.1	3:53.7	4:14.1	4:04.9	3:58.8	-	4:00.5	0:23.0	20:02.6
10	14	BELOIN MAELLE	4:02.4	4:10.7	4:21.9	4:27.1	4:22.4	-	4:16.9	0:24.7	21:24.5
11	16	NERI ELIOT	4:47.5	5:00.6	5:13.3	5:06.8	-	-	5:02.1	0:25.8	20:08.2
12	4	RAYMOND DUV. ALEISTER	3:49.3	3:55.8	4:00.1	4:00.5	4:16.9	-	4:00.5	0:27.6	20:02.6
13	12	PITOISET JULES	4:13.6	4:31.5	4:42.3	4:31.6	4:26.1	-	4:29.0	0:28.7	22:25.1
14	17	JUAREZ EMMA	4:32.7	4:22.1	4:30.1	4:50.2	4:20.2	-	4:31.1	0:30.0	22:35.3
15	8	ADAMI MARGOT	4:53.3	5:10.4	5:20.9	5:29.1	-	-	5:13.4	0:35.8	20:53.7
16	13	VIVET JEANNE	4:05.1	4:28.3	4:47.3	4:57.1	4:43.6	-	4:36.3	0:52.0	23:01.4
17	3	ORVAIN THIBAULT	4:07.0	5:09.4	4:39.0	4:33.1	4:23.7	-	4:34.4	1:02.4	22:52.2

Départ toutes les 20 secondes, légère pluie.
Exercice régularité allure entraînement aérobie

Code couleur :  Bien/TB
 Correct/Moyen
 à améliorer
 Amélioration importante attendue