



# EXERCICE ALLURES SKI-ROUES CL

Dim. 09/10/2022 - Route des Crues (Eteaux) - Tour de 850m

| U12 + U13 |     |                       |        | REGULARITE (endurance aérobie) |        |        |        |        |         | Accélération |            | Durée totale |         |
|-----------|-----|-----------------------|--------|--------------------------------|--------|--------|--------|--------|---------|--------------|------------|--------------|---------|
| Clé       | Dos | Nom et prénom         | Catég. | Tour 1                         | Tour 2 | Tour 3 | Tour 4 | Tour 5 | Moyenne | Écart ±      | Ecart/régu |              |         |
| 5         |     | TROUILLET NATHAEL     | U13-M  | 4:21.6                         | 4:18.2 | 4:20.3 | 4:26.8 | 4:16.7 | 4:20.7  | 0:10.1       | 3:30.8     | 0:49.9       | 25:14.4 |
| 15        |     | HAILLANT CYRIL        | U13-M  | 4:52.4                         | 4:56.1 | 5:00.4 | 4:50.6 | 4:48.7 | 4:53.6  | 0:11.7       | 3:31.1     | 1:22.5       | 27:59.3 |
| 13        |     | ABITBOL SHANNA        | U13-F  | 5:04.4                         | 4:58.9 | 5:08.8 | 4:53.6 |        | 5:01.4  | 0:15.2       | 4:16.4     | 0:45.0       | 24:22.1 |
| 3         |     | ADAMI MARGOT          | U12-F  | 6:12.5                         | 6:11.5 | 6:13.5 | 5:56.1 |        | 6:08.4  | 0:17.4       | 5:02.5     | 1:05.9       | 29:36.1 |
| 12        |     | CHAVEROT TOM          | U13-M  | 4:54.8                         | 4:34.8 | 4:45.0 | 4:33.2 | 4:42.8 | 4:42.1  | 0:21.6       | 3:46.4     | 0:55.7       | 27:17.0 |
| 10        |     | RAYMOND DUV. ALEISTER | U12-M  | 4:48.7                         | 4:32.2 | 4:33.8 | 4:26.0 | 4:31.4 | 4:34.4  | 0:22.7       | 4:05.0     | 0:29.4       | 26:57.1 |
| 2         |     | ROGUET CANDICE        | U12-F  | 4:36.2                         | 4:26.3 | 4:12.3 | 4:13.4 | 4:12.5 | 4:20.1  | 0:23.9       | 3:49.0     | 0:31.1       | 25:29.7 |
| 11        |     | VIVET JEANNE          | U12-F  | 4:59.6                         | 4:46.1 | 4:50.5 | 4:31.2 | 4:49.7 | 4:47.4  | 0:28.4       | 4:00.2     | 0:47.2       | 27:57.3 |
| 1         |     | KOLB TAO              | U12-M  | 4:45.1                         | 4:31.4 | 4:10.9 | 4:16.4 | 4:10.7 | 4:22.9  | 0:34.4       | 3:48.5     | 0:34.4       | 25:43.0 |
| 8         |     | NEUVILLE TITOUAN      | U13-M  | 5:05.3                         | 5:10.7 | 5:07.1 | 4:30.6 | 4:43.0 | 4:55.3  | 0:40.1       | 3:41.3     | 1:14.0       | 28:18.0 |
| 7         |     | CHAVEROT NOE          | U12-M  | 5:58.6                         | 6:12.9 | 5:53.1 | 5:31.4 |        | 5:54.0  | 0:41.5       | 4:41.3     | 1:12.7       | 28:17.3 |
| 6         |     | NERI ELIOT            | U12-M  | 6:00.5                         | 5:33.9 | 5:23.7 | 5:18.0 |        | 5:34.0  | 0:42.5       | 4:35.7     | 0:58.3       | 26:51.8 |
| 4         |     | BERCHET PAULIN        | U12-M  | 6:47.3                         | 6:16.6 | 6:20.8 | 6:03.1 |        | 6:21.9  | 0:44.2       | 5:03.7     | 1:18.3       | 30:31.5 |
| 14        |     | VENTER ELLA           | U14-F  | 6:08.3                         | 6:35.9 | 7:52.6 |        |        | 6:52.3  | 1:44.3       | 5:53.4     | 0:58.9       | 26:30.2 |
| 9         |     | SOARES MAELINE        | U12-F  | 8:53.0                         | 7:45.9 | 6:16.6 |        |        | 7:38.5  | 2:36.4       | 5:09.1     | 2:29.4       | 28:04.6 |

Départ toutes les 15 secondes, bonnes conditions

| U12 + U13 |     |                |        | Tour 1  | Tour 2  | Tour 3        | Tour 4  | Tour 5  | Tour 6   | Durée totale | Entr. Aérobie |         | Ecart aéro/course | Ecart course / fond |
|-----------|-----|----------------|--------|---------|---------|---------------|---------|---------|----------|--------------|---------------|---------|-------------------|---------------------|
| Clé       | Dos | Nom et prénom  | Catég. | Aérobie | Aérobie | Allure course | Aérobie | Aérobie | A fond ! |              | Moy.          | Ecart ± |                   |                     |
| 2         |     | LEVET HYACINTE | U14-M  | 4:10.8  | 4:07.8  | 3:47.0        | 4:05.8  | 3:56.6  | 3:11.6   | 23:19.6      | 4:05.3        | 0:14.2  | 0:18.3            | 0:35.4              |
| 3         |     | MAFFIOLI JOHAN | U14-M  | 4:01.5  | 4:03.7  | 3:30.9        | 4:03.5  | 4:11.3  | 3:29.4   | 23:20.3      | 4:05.0        | 0:09.8  | 0:34.1            | 0:01.5              |
| 1         |     | MAHE AMELIA    | U14-F  | 4:20.5  | 4:13.2  | 3:52.4        | 4:15.9  | 4:19.1  | 3:41.4   | 24:42.5      | 4:17.2        | 0:07.3  | 0:24.8            | 0:11.0              |

Départ toutes les 30 secondes, bonnes conditions

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