



# EXERCICE ALLURES SKI-ROUES CL

Sam. 23/09/2023 – Route des Crues (Eteaux) – Tour de 900m

| U14 et + |     |                     |        | REGULARITE (endurance aérobie) |        |        |        |        |        |        |         |         | Accélération |            | Durée totale |
|----------|-----|---------------------|--------|--------------------------------|--------|--------|--------|--------|--------|--------|---------|---------|--------------|------------|--------------|
| Cl       | Dos | Nom et prénom       | Catég. | Tour 1                         | Tour 2 | Tour 3 | Tour 4 | Tour 5 | Tour 6 | Tour 7 | Moyenne | Écart ± | Tour 9       | Ecart/régu |              |
| 1        | 6   | DECOUT CLARA        | U12-F  | 4:40.6                         | 4:41.1 | 4:40.8 | 4:32.5 | 4:33.9 | 4:41.3 |        | 4:38.4  | 0:08.8  | 3:39.9       | 0:58.5     | 31:30.1      |
| 2        | 8   | BELOIN MAELLE       | U13-F  | 4:39.0                         | 4:40.0 | 4:38.2 | 4:42.9 | 4:42.9 | 4:32.6 |        | 4:39.3  | 0:10.3  | 3:43.1       | 0:56.2     | 31:38.7      |
| 3        | 1   | MORATILLE MATHIS    | U12-M  | 4:13.9                         | 4:09.9 | 4:00.9 | 4:06.7 | 4:09.9 | 4:10.1 |        | 4:08.6  | 0:13.0  | 3:48.4       | 0:20.2     | 28:39.8      |
| 4        | 2   | NERI ELIOT          | U13-M  | 4:23.8                         | 4:37.8 | 4:30.9 | 4:25.4 | 4:36.6 | 4:34.8 |        | 4:31.6  | 0:14.0  | 4:10.7       | 0:20.9     | 31:20.0      |
| 5        | 16  | CHAVEROT NOE        | U13-M  | 4:51.4                         | 5:02.0 | 4:56.9 | 4:48.0 | 5:00.8 |        |        | 4:55.8  | 0:14.0  | 4:34.1       | 0:21.7     | 29:13.2      |
| 6        | 13  | CHAZALVIEL HUGO     | U12-M  | 4:46.7                         | 4:40.6 | 4:33.2 | 4:46.6 | 4:46.8 | 4:47.7 |        | 4:43.6  | 0:14.5  | 4:06.5       | 0:37.1     | 32:28.1      |
| 7        | 3   | RAYMOND-D. ALEISTER | U13-M  | 4:15.3                         | 4:16.3 | 4:11.7 | 4:19.0 | 4:18.5 | 4:26.4 |        | 4:17.9  | 0:14.7  | 3:51.4       | 0:26.5     | 29:38.6      |
| 8        | 4   | TOCHON NATHANAEL    | U12-M  | 4:23.8                         | 4:24.6 | 4:39.0 | 4:39.5 | 4:37.0 | 4:35.9 |        | 4:33.3  | 0:15.7  | 3:58.9       | 0:34.4     | 31:18.7      |
| 9        | 9   | MAFFIOLI GAEL       | U12-M  | 4:35.0                         | 4:37.6 | 4:49.6 | 4:48.4 | 4:42.2 | 4:31.5 |        | 4:40.7  | 0:18.1  | 3:54.3       | 0:46.4     | 31:58.6      |
| 10       | 10  | ADAMI MARGOT (*)    | U13-F  | 5:54.3                         | 3:57.0 | 4:00.6 | 3:45.5 | 3:39.3 | 3:58.0 |        | 3:52.1  | 0:21.3  | 2:24.6       | 1:27.5     | 27:39.3      |
| 11       | 14  | DURAND TRISTAN      | U12-M  | 4:25.5                         | 4:22.2 | 4:26.0 | 4:15.3 | 4:04.3 | 4:23.8 |        | 4:19.5  | 0:21.7  | 4:05.9       | 0:13.6     | 30:03.0      |
| 12       | 12  | RICHARD SUZY        | U12-F  | 5:26.9                         | 5:23.1 | 5:44.3 | 5:22.5 | 5:30.8 |        |        | 5:29.5  | 0:21.8  | 4:32.0       | 0:57.5     | 31:59.6      |
| 13       | 5   | VIVET JEANNE        | U13-F  | 4:36.0                         | 4:30.3 | 4:33.8 | 4:29.9 | 4:27.0 | 4:56.8 |        | 4:35.6  | 0:29.8  | (**)         |            | 27:33.8      |
| 14       | 7   | BERCHET PAULIN      | U13-M  | 4:54.1                         | 5:09.2 | 5:21.0 | 5:18.0 | 5:28.1 |        |        | 5:14.1  | 0:34.0  | 3:57.7       | 1:16.4     | 30:08.1      |
| 15       | 11  | BOUCHET TIMEO       | U12-M  | 4:42.9                         | 5:03.9 | 4:42.2 | 5:25.9 | 5:13.6 |        |        | 5:01.7  | 0:43.7  | 4:20.6       | 0:41.1     | 29:29.1      |
| 16       | 15  | PETEX JEANNE (*)    | U12-F  | 3:57.5                         | 3:24.5 | 3:38.5 | 3:48.5 | 3:20.2 | 4:19.1 | 3:24.8 | 3:41.9  | 0:58.9  | 2:26.3       | 1:15.6     | 28:19.4      |

Départ toutes les 15 secondes, bonnes conditions

Consigne : allure entraînement aérobie 25' + 1 tour à fond

(\*) Parcours adapté, sauf 1<sup>er</sup> tour de Margot

(\*\*) Chute

Départ : en face de la maison isolée

Demi-tour en bas : sur le dernier trait de séparation centrale avant le carrefour

Demi-tour en haut : en face de l'entrée de la ferme

Code couleur :

|           |              |             |                                  |
|-----------|--------------|-------------|----------------------------------|
| Très bien | Correct/bien | à améliorer | Amélioration importante attendue |
|-----------|--------------|-------------|----------------------------------|

|              |              |
|--------------|--------------|
| ≤ 12"        | ≥ 1'00       |
| ≤ 24"        | ≥ 45"        |
| ≥ 5'30 ≤ 36" | ≥ 4'30 ≥ 30" |
| ≥ 6'15 > 36" | ≥ 5'15 < 30" |