SKI-CLUB
PAYS ROCHOIS

EXERCICES ALLURES SKI-ROUES CL

Dim. 18/10/2026 – Pistes de Corrençon en Vercors

Piste bleue (2km), départ face au pas de tir

U13 → SEN DAMES

Clt	Dos	Nom et prénom	Catég.	Tour 1	Tour 2	Tour 3	Tour 4	Tour 5	Tour 6	Tour 7	Tour 8	Temps	End. aérobie		A fond
				Endurance aérobie							A fond	total	Moy.	Ecart ±	Écart aéro
9		**KOLB TAO**	U16-M	6:33.6	6:40.6	6:27.7	6:38.5	6:28.5	6:25.2	6:32.3	5:09.0	**50:55.4**	6:32.3	0:15.4	1:23.3
4		**MORATILLE MATHIS**	U15-M	7:12.5	7:06.5	7:03.6	6:54.1	6:50.8	6:48.1		5:10.4	**47:06.0**	6:59.3	0:24.4	1:48.9
14		**TROUILLET NATHAEL**	U17-M	7:00.3	6:57.2	6:51.6	7:09.3	7:06.0	7:02.7		5:18.4	**47:25.5**	7:01.2	0:17.7	1:42.8
11		**DURAND TRISTAN**	U15-M	7:08.7	7:13.8	7:30.2	7:26.6	7:35.4	7:31.1		5:24.1	**49:49.9**	7:24.3	0:26.7	2:00.2
17		**DECOUT CLARA**	U15-F	7:39.0	7:19.8	7:26.7	7:38.4	7:18.2	7:18.3		5:27.7	**50:08.1**	7:26.7	0:20.8	1:59.0
2		**BERCHET PAULIN**	U16-M	6:56.0	6:55.0	7:06.8	7:13.0	7:05.4	7:03.8		5:30.9	**47:50.9**	7:03.3	0:18.0	1:32.4
6		**CHAZALVIEL HUGO**	U15-M	7:27.2	7:28.4	7:25.4	7:28.8	7:35.5	7:29.1		5:37.8	**50:32.2**	7:29.1	0:10.1	1:51.3
7		**PETEX GASPARD**	U18-M	7:26.3	7:19.2	7:14.8	7:25.7	7:36.3	7:30.3		5:40.5	**50:13.1**	7:25.4	0:21.5	1:44.9
5		**TROUILLET CLEMENT**	U14-M	7:30.3	7:24.9	7:14.3	7:17.0	7:21.1	7:27.5		5:53.7	**50:08.8**	7:22.5	0:16.0	1:28.8
10		**RAHON ANNE LISE**	U15-F	7:27.4	7:23.5	7:26.7	7:26.5	7:35.1	7:31.8		5:56.4	**50:47.4**	7:28.5	0:11.6	1:32.1
8		**MUJIC KENAN (*)**	U14-M	7:54.6	7:59.8	7:45.5					6:24.0	**30:03.9**	7:53.3	0:14.3	1:29.3
16		**DURET GABIN**	U14-M	7:32.6	7:42.1	7:37.6	7:46.3	7:34.8	7:35.4		6:31.5	**52:20.3**	7:38.1	0:13.7	1:06.6
1		**BOTTIN MAXENCE**	U14-M	7:44.5	7:43.4	7:49.2	7:44.6	7:52.1	7:57.7		6:54.7	**53:46.2**	7:48.6	0:14.3	0:53.9
15		**PETEX JEANNE**	U15-F	8:25.3	8:24.4	8:39.1	8:36.7	8:18.0			6:59.2	**49:22.7**	8:28.7	0:21.1	1:29.5
13		**MANSEY CLEMENCE**	U14-F	8:36.0	8:48.9	8:42.9	8:47.5	8:24.1			7:08.0	**50:27.4**	8:39.9	0:24.8	1:31.9
3		**BERCHET ARMAND**	U14-M	9:00.4	9:20.7	9:45.2	9:39.5	9:46.4			7:24.7	**54:56.9**	9:30.4	0:46.0	2:05.7
18		**VIVET JEANNE (**)**	U16-F	7:20.3	7:08.8	7:05.8	7:03.7	7:01.1	7:10.6	7:01.8		**49:52.1**	7:07.4	0:19.2	
12		**BELOIN MAELLE (**)**	U16-F	7:50.5	7:44.4	7:34.1	7:40.1	7:26.2	7:19.2	7:26.0		**53:00.5**	7:34.4	0:31.3	

Départ toutes les 20 secondes, piste humide
Consigne : 40' endurance aérobie puis 1 tour à fond
(*) Souci de bâton sur les premiers tours
(**) Pas de tour rapide (petite maladie)

Code couleur :

- Bien / TB
- Correct
- à améliorer
- Amélioration importante attendue
- 😢