

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
27-nov.	VMA Extérieur	10	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		11	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		12	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		13	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		14	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		15	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		16	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		17	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		18	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
		19	100%		12		00:00:35	00:00:30	00:03:00	12		00:00:35	00:00:30	00:29:00
Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
29-nov.	Seuil Long - 2000 m	10	83%	00:01:27	1	1600	00:11:34	00:02:00		2	1200	00:08:40	00:02:00	00:34:55
		11	83%	00:01:19	1	1600	00:10:31	00:02:00		2	1200	00:07:53	00:02:00	00:32:17
		12	84%	00:01:11	3	1600	00:09:31	00:02:00				00:00:00	00:02:00	00:34:34
		13	84%	00:01:06	3	1600	00:08:47	00:02:00				00:00:00	00:02:00	00:32:22
		14	85%	00:01:01	1	2000	00:10:05	00:02:00		2	1600	00:08:04	00:02:00	00:32:13
		15	85%	00:00:56	1	2000	00:09:25	00:02:00		2	1600	00:07:32	00:02:00	00:30:28
		16	86%	00:00:52	1	2000	00:08:43	00:02:00		2	1600	00:06:59	00:02:00	00:28:40
		17	86%	00:00:49	3	2000	00:08:12	00:02:00				00:00:00	02:00:00	00:30:37
		18	87%	00:00:46	3	2000	00:07:40	00:02:00				00:00:00	00:00:00	00:28:59
		19	87%	00:00:44	3	2000	00:07:16	00:02:00				00:00:00	00:00:00	00:27:47