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
Doto	Séance	VMA	0/		5.11	-· ·	_		_			_		
Date	Seance	VIVIA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
Date	Seance	10	83%	00:01:27	Nb 1	1600	00:11:34	00:02:00	R	Nb 2	1200	00:08:40	00:02:00	00:34:55
Date							-	•	R			-	•	
Date	Ш	10	83%	00:01:27	1	1600	00:11:34	00:02:00	R	2	1200	00:08:40	00:02:00	00:34:55
	Ш	10 11	83% 83%	00:01:27 00:01:19	1 1	1600 1600	00:11:34 00:10:31	00:02:00 00:02:00	R	2	1200	00:08:40 00:07:53	00:02:00 00:02:00	00:34:55 00:32:17
	- 2000 m	10 11 12	83% 83% 84%	00:01:27 00:01:19 00:01:11	1 1 3	1600 1600 1600	00:11:34 00:10:31 00:09:31	00:02:00 00:02:00 00:02:00	R	2	1200	00:08:40 00:07:53 00:00:00	00:02:00 00:02:00 00:02:00	00:34:55 00:32:17 00:34:34
29-nov.	- 2000 m	10 11 12 13	83% 83% 84% 84%	00:01:27 00:01:19 00:01:11 00:01:06	1 1 3 3	1600 1600 1600 1600	00:11:34 00:10:31 00:09:31 00:08:47	00:02:00 00:02:00 00:02:00 00:02:00	R	2 2	1200 1200	00:08:40 00:07:53 00:00:00 00:00:00	00:02:00 00:02:00 00:02:00 00:02:00	00:34:55 00:32:17 00:34:34 00:32:22
-nov.	Long - 2000 m	10 11 12 13 14	83% 83% 84% 84% 85%	00:01:27 00:01:19 00:01:11 00:01:06 00:01:01	1 1 3 3	1600 1600 1600 1600 2000	00:11:34 00:10:31 00:09:31 00:08:47 00:10:05	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	R	2 2 2	1200 1200 1600	00:08:40 00:07:53 00:00:00 00:00:00 00:08:04	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	00:34:55 00:32:17 00:34:34 00:32:22 00:32:13
-nov.	- 2000 m	10 11 12 13 14 15	83% 83% 84% 84% 85%	00:01:27 00:01:19 00:01:11 00:01:06 00:01:01 00:00:56	1 1 3 3 1 1	1600 1600 1600 1600 2000 2000	00:11:34 00:10:31 00:09:31 00:08:47 00:10:05 00:09:25	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	R	2 2 2 2	1200 1200 1600 1600	00:08:40 00:07:53 00:00:00 00:00:00 00:08:04 00:07:32	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	00:34:55 00:32:17 00:34:34 00:32:22 00:32:13 00:30:28
-nov.	Long - 2000 m	10 11 12 13 14 15 16	83% 83% 84% 84% 85% 85%	00:01:27 00:01:19 00:01:11 00:01:06 00:01:01 00:00:56 00:00:52	1 1 3 3 1 1	1600 1600 1600 1600 2000 2000 2000	00:11:34 00:10:31 00:09:31 00:08:47 00:10:05 00:09:25 00:08:43	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	R	2 2 2 2	1200 1200 1600 1600	00:08:40 00:07:53 00:00:00 00:00:00 00:08:04 00:07:32 00:06:59	00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00 00:02:00	00:34:55 00:32:17 00:34:34 00:32:22 00:32:13 00:30:28 00:28:40