

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
4-déc.	VMA Longue - 400m	10	88%	00:01:22	3	400	00:02:44	00:02:03	00:03:00	3	400	00:01:59	00:01:23	00:27:24
		11	89%	00:01:14	4	400	00:02:27	00:01:50	00:03:00	3	400	00:01:47	00:01:15	00:29:14
		12	90%	00:01:07	4	400	00:02:13	00:01:40	00:03:00	4	400	00:01:37	00:01:08	00:29:31
		13	91%	00:01:01	4	400	00:02:02	00:01:31	00:03:00	4	400	00:02:02	00:01:25	00:31:00
		14	92%	00:00:56	4	400	00:01:52	00:01:24	00:03:00	4	400	00:01:52	00:01:18	00:28:43
		15	93%	00:00:52	5	400	00:01:43	00:01:17	00:03:00	4	400	00:01:43	00:01:12	00:29:45
		16	94%	00:00:48	5	400	00:01:36	00:01:12	00:03:00	4	400	00:01:36	00:01:07	00:27:49
		17	95%	00:00:45	5	400	00:01:29	00:01:07	00:03:00	5	400	00:01:29	00:01:02	00:28:38
		18	96%	00:00:42	5	400	00:01:23	00:01:03	00:03:00	5	400	00:01:23	00:00:58	00:26:57
		19	97%	00:00:39	10	400	00:01:18	00:00:59	00:03:00			00:01:18	00:00:55	00:25:47
Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
6-déc.	Circuit Ville (680 m)	10	82%	00:01:28	4	800	00:05:51	00:01:40				00:00:00	00:01:40	00:30:05
		11	83%	00:01:19	4	800	00:05:15	00:01:40				00:00:00	00:01:40	00:27:42
		12	84%	00:01:11	4	800	00:04:46	00:01:40				00:00:00	00:01:40	00:25:43
		13	85%	00:01:05	5	800	00:04:21	00:01:40				00:00:00	00:01:40	00:30:03
		14	86%	00:01:00	5	800	00:03:59	00:01:30				00:00:00	00:01:30	00:27:26
		15	87%	00:00:55	5	800	00:03:41	00:01:30				00:00:00	00:01:30	00:25:53
		16	88%	00:00:51	6	800	00:03:25	00:01:25				00:00:00	00:01:25	00:28:57
		17	89%	00:00:48	6	800	00:03:10	00:01:20				00:00:00	00:01:20	00:27:02
		18	90%	00:00:44	7	800	00:02:58	00:01:20				00:00:00	00:01:20	00:30:04
		19	91%	00:00:42	7	800	00:02:47	00:01:20				00:00:00	00:01:20	00:28:46