

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
8-janv.	VMA Longue - 300m	10	91%	00:01:19	4	300	00:01:59	00:01:15	00:03:00	3	300	00:01:59	00:01:15	00:25:36
		11	92%	00:01:11	4	300	00:01:47	00:01:15	00:03:00	3	300	00:01:47	00:01:15	00:24:12
		12	93%	00:01:05	4	300	00:01:37	00:01:15	00:03:00	4	300	00:01:37	00:01:15	00:25:54
		13	94%	00:00:59	4	300	00:01:28	00:01:10	00:03:00	4	300	00:01:28	00:01:10	00:24:07
		14	95%	00:00:54	4	300	00:01:21	00:01:10	00:03:00	4	300	00:01:21	00:01:10	00:23:10
		15	96%	00:00:50	5	300	00:01:15	00:01:10	00:03:00	4	300	00:01:15	00:01:10	00:24:45
		16	97%	00:00:46	5	300	00:01:10	00:01:06	00:03:00	4	300	00:01:10	00:01:06	00:23:21
		17	98%	00:00:43	5	300	00:01:05	00:01:02	00:03:00	5	300	00:01:05	00:01:02	00:24:04
		18	99%	00:00:40	5	300	00:01:01	00:00:58	00:03:00	5	300	00:01:01	00:00:58	00:22:42
		19	100%	00:00:38	10	300	00:00:57	00:00:54	00:03:00					
Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
10-janv.	Circuit Cross (750 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