

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
22-janv.	VMA Courte - 200 m	10	97%	00:01:14	5	200	00:01:14	00:01:11	00:03:00	5	200	00:01:14	00:01:11	00:27:15
		11	99%	00:01:06	5	200	00:01:06	00:01:03	00:03:00	5	200	00:01:06	00:01:03	00:24:36
		12	98%	00:01:01	5	200	00:01:01	00:00:59	00:03:00	5	200	00:01:01	00:00:59	00:23:00
		13	99%	00:00:56	6	200	00:00:56	00:00:54	00:03:00	6	200	00:00:56	00:00:54	00:24:56
		14	100%	00:00:51	6	200	00:00:51	00:00:49	00:03:00	6	200	00:00:51	00:00:49	00:23:10
		15	101%	00:00:48	8	200	00:00:48	00:00:46	00:03:00	6	200	00:00:48	00:00:46	00:24:44
		16	102%	00:00:44	8	200	00:00:44	00:00:42	00:03:00	6	200	00:00:44	00:00:42	00:23:11
		17	103%	00:00:41	8	200	00:00:41	00:00:39	00:03:00	8	200	00:00:41	00:00:39	00:24:30
		18	104%	00:00:38	8	200	00:00:38	00:00:37	00:03:00	8	200	00:00:38	00:00:37	00:23:06
		19	105%	00:00:36	8	200	00:00:36	00:00:35	00:03:00	8	200	00:00:36	00:00:35	00:21:52
Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
24-janv.	Côtes Longues	10	79%	00:01:31	4	500	00:03:48	00:03:48				00:00:00	00:00:00	00:30:23
		11	80%	00:01:22	4	500	00:03:25	00:03:25				00:00:00	00:00:00	00:27:16
		12	81%	00:01:14	5	500	00:03:05	00:03:05				00:00:00	00:00:00	00:30:52
		13	81%	00:01:08	5	500	00:02:51	00:02:51				00:00:00	00:00:00	00:28:29
		14	82%	00:01:03	6	500	00:02:37	00:02:37				00:00:00	00:00:00	00:31:22
		15	83%	00:00:58	6	500	00:02:25	00:02:25				00:00:00	00:00:00	00:28:55
		16	84%	00:00:54	7	500	00:02:14	00:02:14				00:00:00	00:00:00	00:31:15
		17	85%	00:00:50	7	500	00:02:05	00:02:05				00:00:00	00:00:00	00:29:04
		18	86%	00:00:47	8	500	00:01:56	00:01:56				00:00:00	00:00:00	00:31:00
		19	87%	00:00:44	8	500	00:01:49	00:01:49				00:00:00	00:00:00	00:29:02