

Date	Séance	VMA	%	Timer	Nb	Dist.	tps	r	R	Nb	Dist.	tps	r	Total
9-avr.	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
11-avr.	Vitesse longue - 800m	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