

Bilan regroupement eau libre 1^{er} mai

Dans le cadre du dispositif gavroche francilien, la Ligue Ile de France a identifié un peu plus d'une vingtaine de nageurs à fort potentiel dans la discipline eau libre. A ce titre, dans le but de dynamiser un collectif autour de cette discipline, et de préparer au mieux les prochains championnats de France à Gravelines, nous avons organisé une journée au Centre National des Sports de la Défense à Fontainebleau. L'organisation s'est faite en collaboration avec la structure eau libre dirigée par Magali Merino. Une vingtaine de nageurs a participé à ce regroupement (voir liste en annexes). Voici un retour des différents moments de ce regroupement.

1) Passage de bouées

Après un long échauffement, nous avons réalisé un parcours autour de trois bouées disposées dans le bassin. Les nageurs avaient pour objectif de travailler ces fameux passages de bouées et de perdre le moins de temps possible lors de ces points clés de course en eau libre. Tous les nageurs devaient partir ensemble et réaliser trois tours et arriver avant les autres. Ce fut l'occasion de travailler cette spécificité, mais aussi de la faire découvrir à certains nageurs n'ayant jamais pratiqué l'eau libre. L'observation des nageurs nous a montré qu'il reste encore beaucoup à faire pour leur permettre de progresser encore sur ce point.

2) Variations d'allures

A l'aide de la technologie du virtual trainer, nous avons proposé un 15*100m départ 1'30 aux nageurs. Avec une conduite d'allures par la ligne lumineuse au fond du bassin. Tous les 3 100 mètres, un changement d'allures était prévu – sans que les nageurs ne sachent l'allure prescrite – et ils se devaient de suivre le rythme prédéfini. Il n'était pas facile de suivre l'allure mais certains ont réussi à le faire.

3) Drafting et accélération

Ensuite, nous avons effectué deux exercices différents afin d'apprendre à nager en groupe, d'utiliser l'aspiration et de savoir accélérer au bon moment et au bon endroit. D'abord, les nageurs ont plusieurs 50 mètres en partant à 4 par ligne, où le but était d'arriver devant les autres. Puis, les nageurs se suivaient en chenilles et le dernier devait dépasser le premier avant la fin du 50 mètres. Au final, nous avons pu observé qu'un certain nombre de nageurs (même expérimentés en eau libre) éprouvaient des difficultés et se trouvaient mal à l'aise face à leurs concurrents. D'où l'importance de travailler cet aspect à l'entraînement.

4) Ravitaillements

Pour terminer la matinée, nous avons organisé une initiation au ravitaillement. Axel Reymond a dans un premier temps, réalisé un exemple de manière de bien effectuer son ravitaillement. Après, chaque nageur est passé deux fois, où Magali préconisait des améliorations pour le deuxième passage.

5) Test

L'après-midi, nous avons dédié notre organisation sur un test de 5km ou 10km selon les profils (à voir en annexes). L'objectif était de reproduire un modèle basé sur les courses d'eau libre et leurs caractéristiques, notamment en termes de gestion d'allures. Une analyse avec la technologie tritonwear nous a aussi permis de bénéficier des données de paramètres de courses (amplitude, fréquence, etc...). Des bénévoles ont également noté tous les temps de passage sur chaque 100m.

En définitive, cette journée aura permis aux meilleurs nageurs franciliens d'eau libre de se confronter et de préparer ensemble les prochains championnats de France, en créant une dynamique collective.



000 M Sté Judith 125-240 Sté Prudence 126-239 Contacter

Ent Lundi

Ech: 300 Pool
 200 Palme
 200 4N Educ
 300 (25 Dos Vite, 75CR) } x2

5x 100 Plaquettes/pool Dep 1-25
 100 Au choix

S1 Passage de Bouée ≈ 400m
 400 Contre Effort
 100 souple

S2 15x100. Dep 1-30 Avec la ligne

G 1	G 2	G 3
3- 1.03	3- 1.07	3- 1.11
3- 1.01	3- 1.05	3- 1.09
3- 1.05	3- 1.11	3- 1.15
3- 59"	3- 1.03	3- 1.07
3- 1.04	3- 1.08	3- 1.12

300 Pool Contre Effort
 200 souple

S3 8x50 Pool Etashique Dep 1'
4x50 Vitesse MAX 4 par ligne
 400 Contre effort
2x300 Chonille de Niveau
 400 souple

7500 mètres

Protocole 5km : 4000m aéro 1000m max

Protocole 10km : 5000m aéro/pause 45"/3500m avec 1200m aéro 300m vite 1200m aéro 300m vite 500m aéro/pause 45"/1500 max

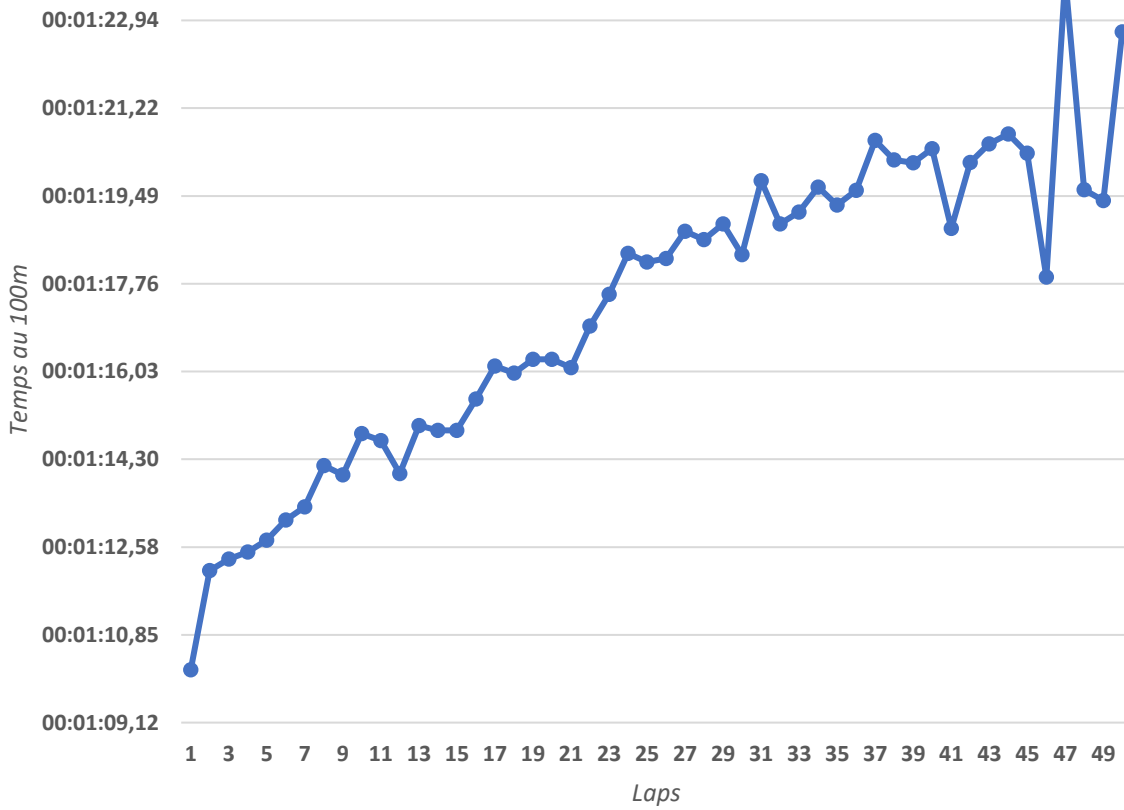
Nageurs					
Nom	Prénom	Année	Club	Arrivée	Départ
Anne	Emilie	1999	Clamart	8h30	17h00
Barbosa	Manoella	2002	Saint-Germain	8h30	12h30
Ben Rahou	Matthieu	1995	Clamart	8h30	17h00
Cheniti	Anis	1999	Poissy	8h30	12h30
Garcia	Morgane	2001	Clamart	8h30	17h00
Kukla	Clément	2002	Rambouillet	8h30	17h00
Langlais	Lila	2000	Massy	14h00	17h00
Maetz	Maxime	1998	Clamart	8h30	17h00
Maille	Ilona	2001	Massy	14h00	17h00
Mercier	Severin	2002	Clamart	8h30	17h00
Mokhfi	Naïm	2000	Massy	14h00	17h00
Mouret	Lucile	2002	Saint-Germain	8h30	12h30
Ouabdesselam	Léo	2003	Clamart	8h30	17h00
Prybil	Eliott	2001	Clamart	8h30	17h00
Reymond	Axel	1994	Clamart	8h30	17h00
Teule	Léo	2002	Saint-Germain	8h30	12h30
Vandevelde	Alexis	2001	Versailles	8h30	12h30
Yerpes	Melvyn	2000	Clamart	8h30	17h00

Melvyn Yerpès Test 10 km

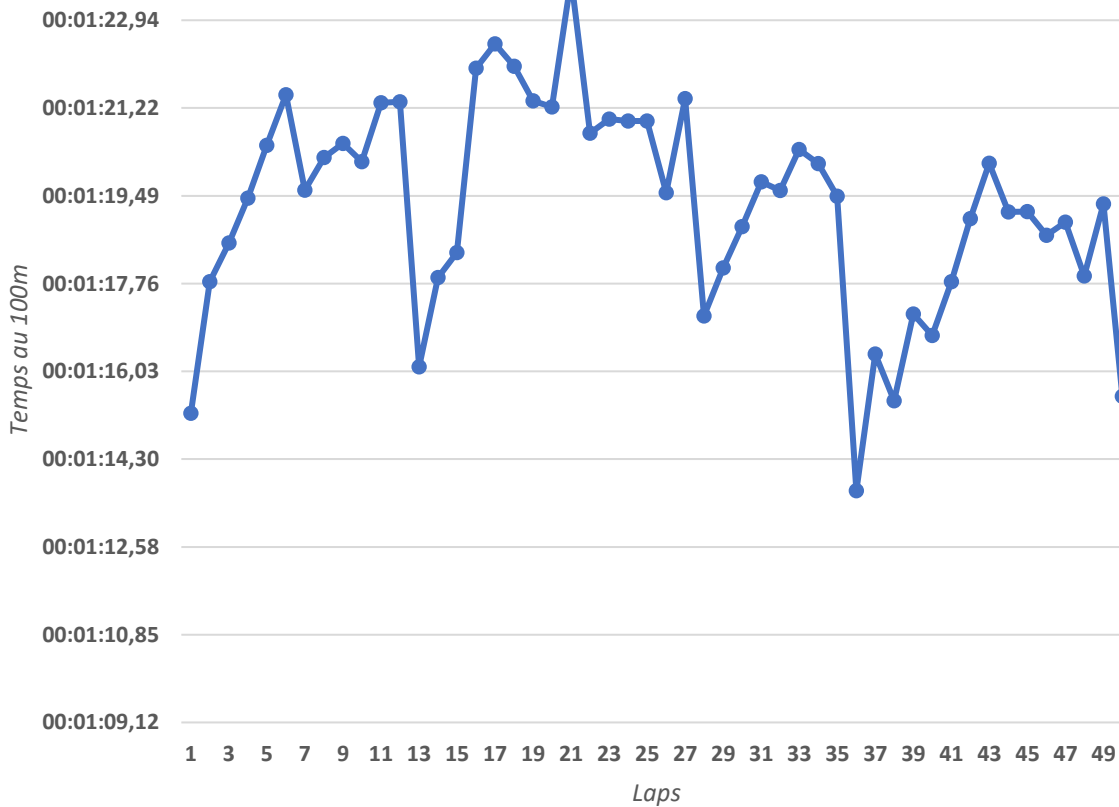
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200	00:02:22,27	00:01:12,11
300	00:03:34,61	00:01:12,34
400	00:04:47,09	00:01:12,48
500	00:05:59,80	00:01:12,71
600	00:07:12,91	00:01:13,11
700	00:08:26,28	00:01:13,37
800	00:09:40,46	00:01:14,18
900	00:10:54,46	00:01:14,00
1000	00:12:09,27	00:01:14,81
1100	00:13:23,94	00:01:14,67
1200	00:14:37,96	00:01:14,02
1300	00:15:52,93	00:01:14,97
1400	00:17:07,80	00:01:14,87
1500	00:18:22,67	00:01:14,87
1600	00:19:38,16	00:01:15,49
1700	00:20:54,30	00:01:16,14
1800	00:22:10,30	00:01:16,00
1900	00:23:26,57	00:01:16,27
2000	00:24:42,84	00:01:16,27
2100	00:25:58,95	00:01:16,11
2200	00:27:15,88	00:01:16,93
2300	00:28:33,43	00:01:17,55
2400	00:29:51,79	00:01:18,36
2500	00:31:09,98	00:01:18,19
2600	00:32:28,24	00:01:18,26
2700	00:33:47,03	00:01:18,79
2800	00:35:05,66	00:01:18,63
2900	00:36:24,60	00:01:18,94
3000	00:37:42,93	00:01:18,33
3100	00:39:02,72	00:01:19,79
3200	00:40:21,66	00:01:18,94
3300	00:41:40,83	00:01:19,17
3400	00:43:00,49	00:01:19,66
3500	00:44:19,80	00:01:19,31
3600	00:45:39,40	00:01:19,60
3700	00:46:59,98	00:01:20,58
3800	00:48:20,18	00:01:20,20
3900	00:49:40,32	00:01:20,14
4000	00:51:00,74	00:01:20,42
4100	00:52:19,59	00:01:18,85
4200	00:53:39,74	00:01:20,15
4300	00:55:00,25	00:01:20,51
4400	00:56:20,96	00:01:20,71
4500	00:57:41,29	00:01:20,33
4600	00:58:59,18	00:01:17,89
4700	01:00:22,96	00:01:23,78
4800	01:01:42,57	00:01:19,61
4900	01:03:01,97	00:01:19,40
5000	01:04:24,69	00:01:22,72
	<i>Moyenne</i>	00:01:17,29

100	00:01:15,21	00:01:15,21
200	00:02:33,01	00:01:17,80
300	00:03:51,57	00:01:18,56
400	00:05:11,01	00:01:19,44
500	00:06:31,49	00:01:20,48
600	00:07:52,97	00:01:21,48
700	00:09:12,57	00:01:19,60
800	00:10:32,81	00:01:20,24
900	00:11:53,33	00:01:20,52
1000	00:13:13,49	00:01:20,16
1100	00:14:34,81	00:01:21,32
1200	00:15:56,15	00:01:21,34
1300	00:17:12,27	00:01:16,12
1400	00:18:30,15	00:01:17,88
1500	00:19:48,52	00:01:18,37
1600	00:21:10,52	00:01:22,00
1700	00:22:33,00	00:01:22,48
1800	00:23:55,04	00:01:22,04
1900	00:25:16,40	00:01:21,36
2000	00:26:37,64	00:01:21,24
2100	00:28:01,40	00:01:23,76
2200	00:29:22,12	00:01:20,72
2300	00:30:43,12	00:01:21,00
2400	00:32:04,08	00:01:20,96
2500	00:33:25,04	00:01:20,96
2600	00:34:44,59	00:01:19,55
2700	00:36:05,99	00:01:21,40
2800	00:37:23,11	00:01:17,12
2900	00:38:41,18	00:01:18,07
3000	00:40:00,06	00:01:18,88
3100	00:41:19,82	00:01:19,76
3200	00:42:39,41	00:01:19,59
3300	00:43:59,81	00:01:20,40
3400	00:45:19,93	00:01:20,12
3500	00:46:39,41	00:01:19,48
100	00:01:13,68	00:01:13,68
200	00:02:30,05	00:01:16,37
300	00:03:45,50	00:01:15,45
400	00:05:02,66	00:01:17,16
500	00:06:19,40	00:01:16,74
600	00:07:37,20	00:01:17,80
700	00:08:56,24	00:01:19,04
800	00:10:16,37	00:01:20,13
900	00:11:35,54	00:01:19,17
1000	00:12:54,72	00:01:19,18
1100	00:14:13,43	00:01:18,71
1200	00:15:32,40	00:01:18,97
1300	00:16:50,31	00:01:17,91
1400	00:18:09,64	00:01:19,33
1500	00:19:25,18	00:01:15,54
10000	02:10:29,28	

Melvyn Yerpès 1er 5km



Melvyn Yerpès 2ème 5km

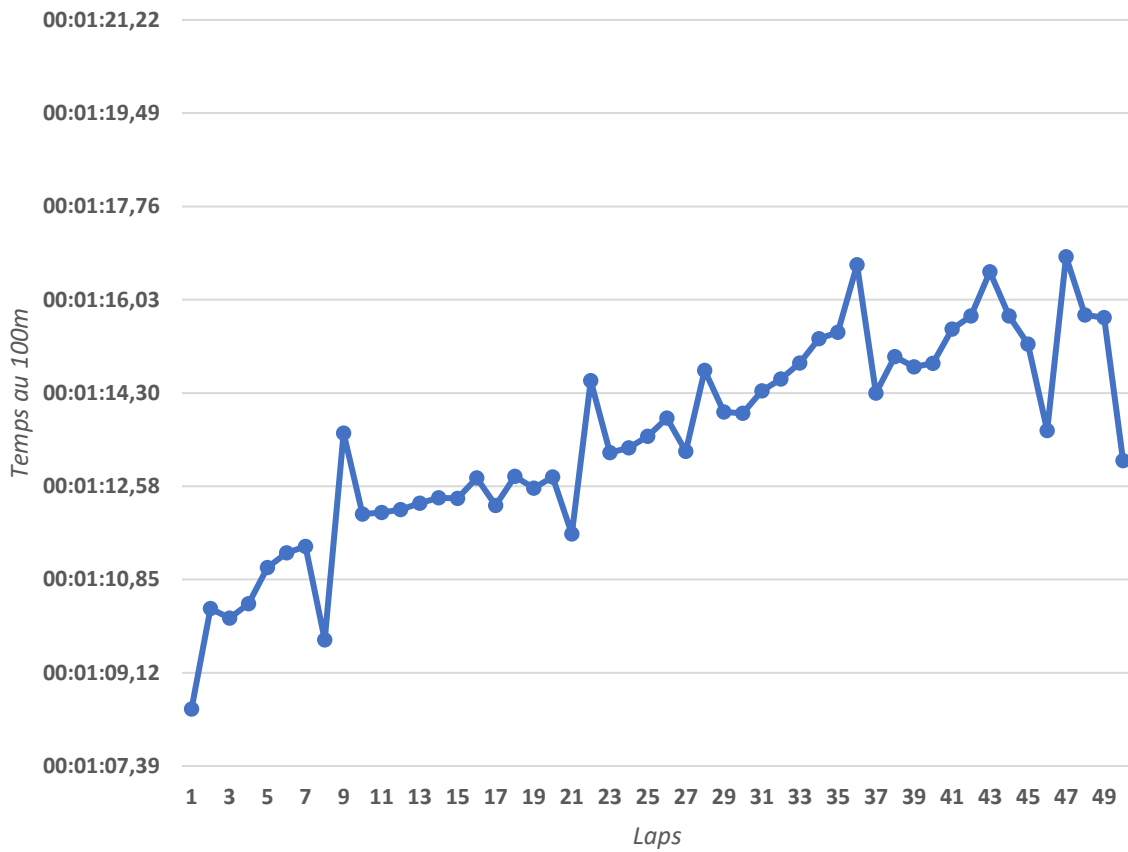


Elliott Prybil Test 10 km

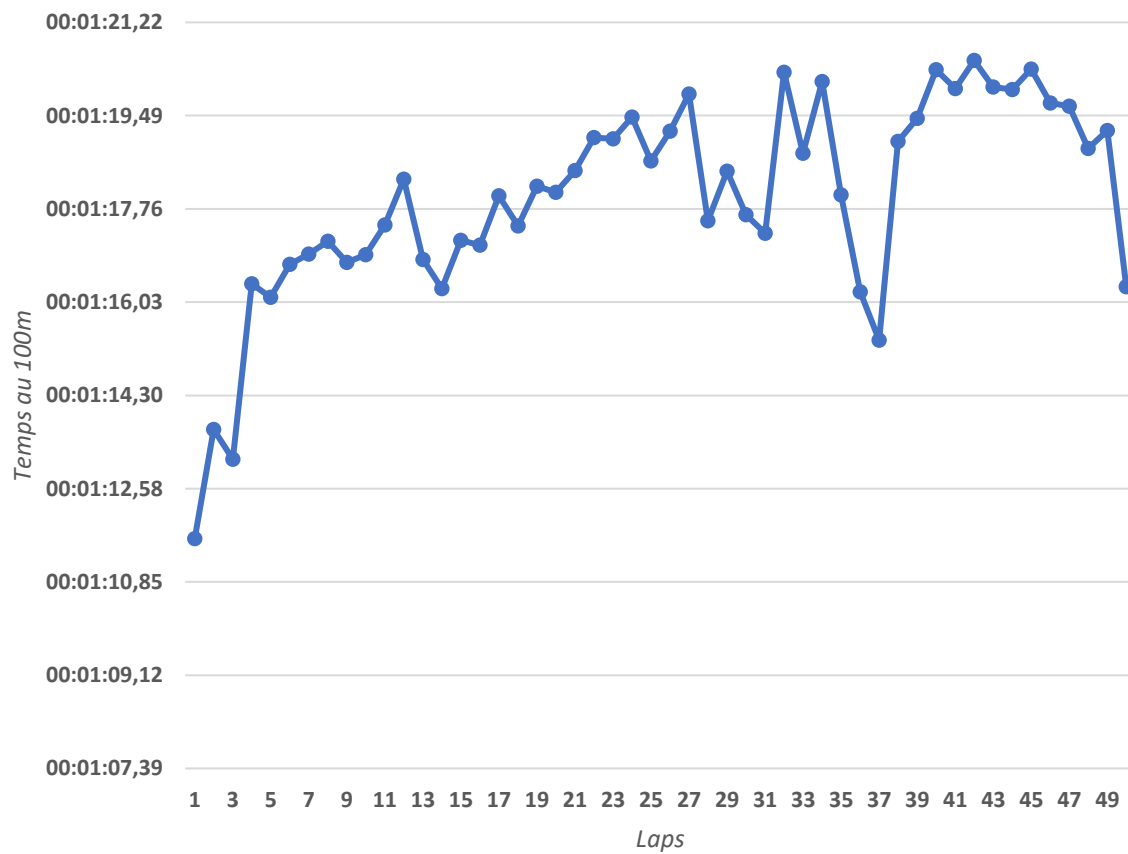
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500	00:05:50,36	00:01:11,07
600	00:07:01,70	00:01:11,34
700	00:08:13,16	00:01:11,46
800	00:09:22,89	00:01:09,73
900	00:10:36,45	00:01:13,56
1000	00:11:48,51	00:01:12,06
1100	00:13:00,60	00:01:12,09
1200	00:14:12,74	00:01:12,14
1300	00:15:25,00	00:01:12,26
1400	00:16:37,36	00:01:12,36
1500	00:17:49,71	00:01:12,35
1600	00:19:02,44	00:01:12,73
1700	00:20:14,66	00:01:12,22
1800	00:21:27,42	00:01:12,76
1900	00:22:39,96	00:01:12,54
2000	00:23:52,71	00:01:12,75
2100	00:25:04,40	00:01:11,69
2200	00:26:18,93	00:01:14,53
2300	00:27:32,13	00:01:13,20
2400	00:28:45,42	00:01:13,29
2500	00:29:58,92	00:01:13,50
2600	00:31:12,76	00:01:13,84
2700	00:32:25,98	00:01:13,22
2800	00:33:40,70	00:01:14,72
2900	00:34:54,65	00:01:13,95
3000	00:36:08,58	00:01:13,93
3100	00:37:22,92	00:01:14,34
3200	00:38:37,48	00:01:14,56
3300	00:39:52,34	00:01:14,86
3400	00:41:07,65	00:01:15,31
3500	00:42:23,08	00:01:15,43
3600	00:43:39,76	00:01:16,68
3700	00:44:54,06	00:01:14,30
3800	00:46:09,04	00:01:14,98
3900	00:47:23,83	00:01:14,79
4000	00:48:38,68	00:01:14,85
4100	00:49:54,17	00:01:15,49
4200	00:51:09,90	00:01:15,73
4300	00:52:26,45	00:01:16,55
4400	00:53:42,18	00:01:15,73
4500	00:54:57,39	00:01:15,21
4600	00:56:11,00	00:01:13,61
4700	00:57:27,83	00:01:16,83
4800	00:58:43,58	00:01:15,75
4900	00:59:59,28	00:01:15,70
5000	01:01:12,33	00:01:13,05
	<i>Moyenne</i>	<i>00:01:13,45</i>

100	00:01:11,65	00:01:11,65
200	00:02:25,32	00:01:13,67
300	00:03:38,44	00:01:13,12
400	00:04:54,81	00:01:16,37
500	00:06:10,93	00:01:16,12
600	00:07:27,66	00:01:16,73
700	00:08:44,58	00:01:16,92
800	00:10:01,74	00:01:17,16
900	00:11:18,51	00:01:16,77
1000	00:12:35,42	00:01:16,91
1100	00:13:52,88	00:01:17,46
1200	00:15:11,19	00:01:18,31
1300	00:16:28,01	00:01:16,82
1400	00:17:44,29	00:01:16,28
1500	00:19:01,47	00:01:17,18
1600	00:20:18,56	00:01:17,09
1700	00:21:36,56	00:01:18,00
1800	00:22:54,00	00:01:17,44
1900	00:24:12,18	00:01:18,18
2000	00:25:30,25	00:01:18,07
2100	00:26:48,72	00:01:18,47
2200	00:28:07,80	00:01:19,08
2300	00:29:26,86	00:01:19,06
2400	00:30:46,32	00:01:19,46
2500	00:32:04,97	00:01:18,65
2600	00:33:24,17	00:01:19,20
2700	00:34:44,06	00:01:19,89
2800	00:36:01,60	00:01:17,54
2900	00:37:20,06	00:01:18,46
3000	00:38:37,71	00:01:17,65
3100	00:39:55,02	00:01:17,31
3200	00:41:15,31	00:01:20,29
3300	00:42:34,10	00:01:18,79
3400	00:43:54,22	00:01:20,12
3500	00:45:12,24	00:01:18,02
100	00:01:16,22	00:01:16,22
200	00:02:31,55	00:01:15,33
300	00:03:50,56	00:01:19,01
400	00:05:10,00	00:01:19,44
500	00:06:30,34	00:01:20,34
600	00:07:50,33	00:01:19,99
700	00:09:10,84	00:01:20,51
800	00:10:30,86	00:01:20,02
900	00:11:50,83	00:01:19,97
1000	00:13:11,18	00:01:20,35
1100	00:14:30,90	00:01:19,72
1200	00:15:50,56	00:01:19,66
1300	00:17:09,44	00:01:18,88
1400	00:18:28,65	00:01:19,21
1500	00:19:44,97	00:01:16,32
10000	02:06:09,54	

Eliott Prybil 1er 5km



Eliott Prybil 2ème 5km

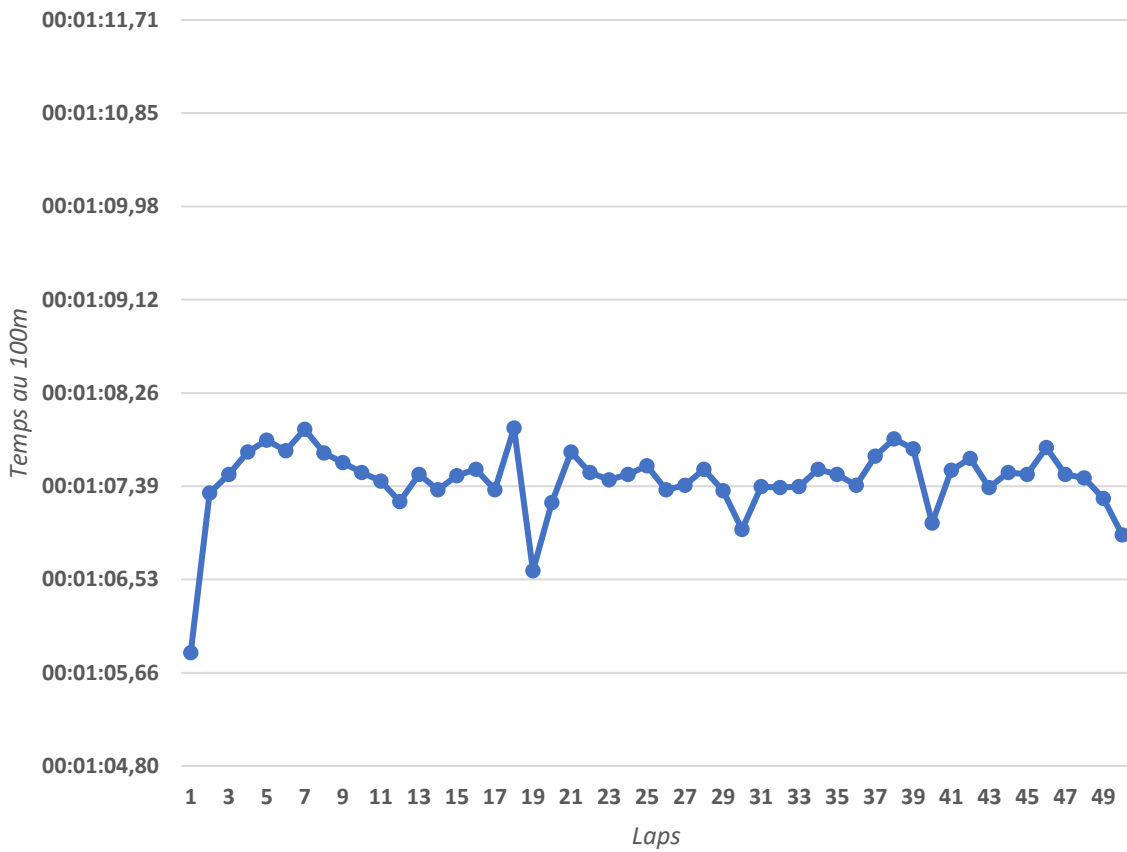


Axel Reymond Test 10 km

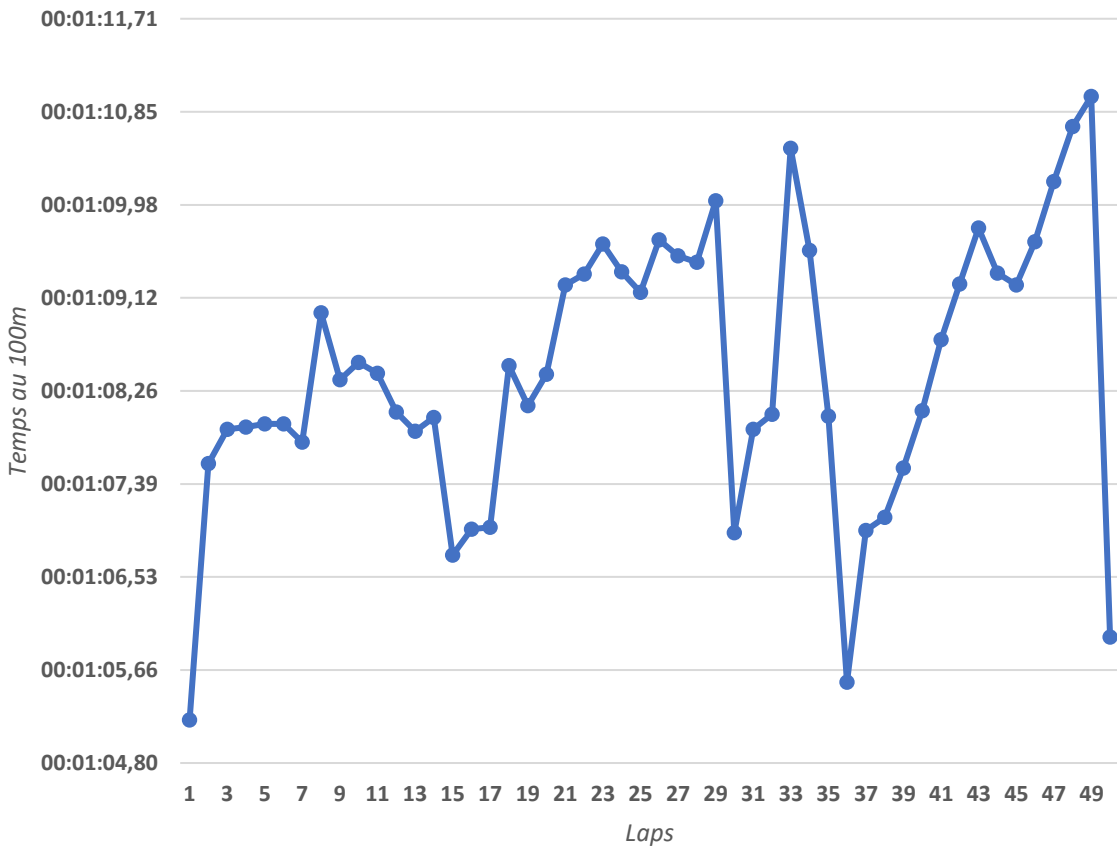
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500	00:05:36,21	00:01:07,82
600	00:06:43,93	00:01:07,72
700	00:07:51,85	00:01:07,92
800	00:08:59,55	00:01:07,70
900	00:10:07,16	00:01:07,61
1000	00:11:14,68	00:01:07,52
1100	00:12:22,12	00:01:07,44
1200	00:13:29,37	00:01:07,25
1300	00:14:36,87	00:01:07,50
1400	00:15:44,23	00:01:07,36
1500	00:16:51,72	00:01:07,49
1600	00:17:59,27	00:01:07,55
1700	00:19:06,63	00:01:07,36
1800	00:20:14,56	00:01:07,93
1900	00:21:21,17	00:01:06,61
2000	00:22:28,41	00:01:07,24
2100	00:23:36,12	00:01:07,71
2200	00:24:43,64	00:01:07,52
2300	00:25:51,09	00:01:07,45
2400	00:26:58,59	00:01:07,50
2500	00:28:06,17	00:01:07,58
2600	00:29:13,53	00:01:07,36
2700	00:30:20,93	00:01:07,40
2800	00:31:28,48	00:01:07,55
2900	00:32:35,83	00:01:07,35
3000	00:33:42,82	00:01:06,99
3100	00:34:50,21	00:01:07,39
3200	00:35:57,59	00:01:07,38
3300	00:37:04,98	00:01:07,39
3400	00:38:12,53	00:01:07,55
3500	00:39:20,03	00:01:07,50
3600	00:40:27,43	00:01:07,40
3700	00:41:35,10	00:01:07,67
3800	00:42:42,93	00:01:07,83
3900	00:43:50,67	00:01:07,74
4000	00:44:57,72	00:01:07,05
4100	00:46:05,26	00:01:07,54
4200	00:47:12,91	00:01:07,65
4300	00:48:20,29	00:01:07,38
4400	00:49:27,81	00:01:07,52
4500	00:50:35,31	00:01:07,50
4600	00:51:43,06	00:01:07,75
4700	00:52:50,56	00:01:07,50
4800	00:53:58,03	00:01:07,47
4900	00:55:05,31	00:01:07,28
5000	00:56:12,25	00:01:06,94
	<i>Moyenne</i>	00:01:07,45

100	00:01:05,20	00:01:05,20
200	00:02:12,78	00:01:07,58
300	00:03:20,68	00:01:07,90
400	00:04:28,60	00:01:07,92
500	00:05:36,55	00:01:07,95
600	00:06:44,50	00:01:07,95
700	00:07:52,28	00:01:07,78
800	00:09:01,26	00:01:08,98
900	00:10:09,62	00:01:08,36
1000	00:11:18,14	00:01:08,52
1100	00:12:26,56	00:01:08,42
1200	00:13:34,62	00:01:08,06
1300	00:14:42,50	00:01:07,88
1400	00:15:50,51	00:01:08,01
1500	00:16:57,24	00:01:06,73
1600	00:18:04,21	00:01:06,97
1700	00:19:11,20	00:01:06,99
1800	00:20:19,69	00:01:08,49
1900	00:21:27,81	00:01:08,12
2000	00:22:36,22	00:01:08,41
2100	00:23:45,46	00:01:09,24
2200	00:24:54,80	00:01:09,34
2300	00:26:04,42	00:01:09,62
2400	00:27:13,78	00:01:09,36
2500	00:28:22,95	00:01:09,17
2600	00:29:32,61	00:01:09,66
2700	00:30:42,12	00:01:09,51
2800	00:31:51,57	00:01:09,45
2900	00:33:01,59	00:01:10,02
3000	00:34:08,53	00:01:06,94
3100	00:35:16,43	00:01:07,90
3200	00:36:24,47	00:01:08,04
3300	00:37:34,98	00:01:10,51
3400	00:38:44,54	00:01:09,56
3500	00:39:52,56	00:01:08,02
100	00:01:05,55	00:01:05,55
200	00:02:12,51	00:01:06,96
300	00:03:19,59	00:01:07,08
400	00:04:27,13	00:01:07,54
500	00:05:35,20	00:01:08,07
600	00:06:43,93	00:01:08,73
700	00:07:53,18	00:01:09,25
800	00:09:02,95	00:01:09,77
900	00:10:12,30	00:01:09,35
1000	00:11:21,54	00:01:09,24
1100	00:12:31,18	00:01:09,64
1200	00:13:41,38	00:01:10,20
1300	00:14:52,09	00:01:10,71
1400	00:16:03,08	00:01:10,99
1500	00:17:09,05	00:01:05,97
10000	01:53:13,86	

Axel Reymond 1er 5km



Axel Reymond 2ème 5km

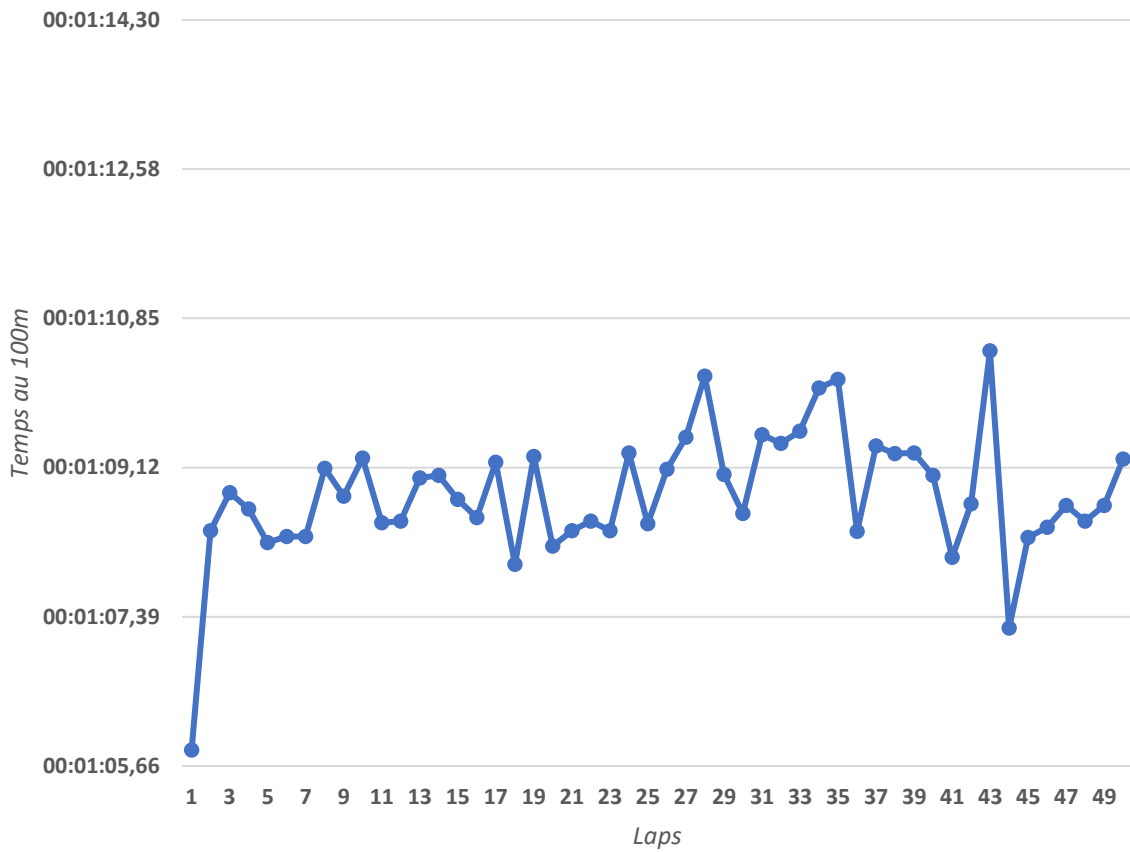


Naïm Mokhfi Test 10 km

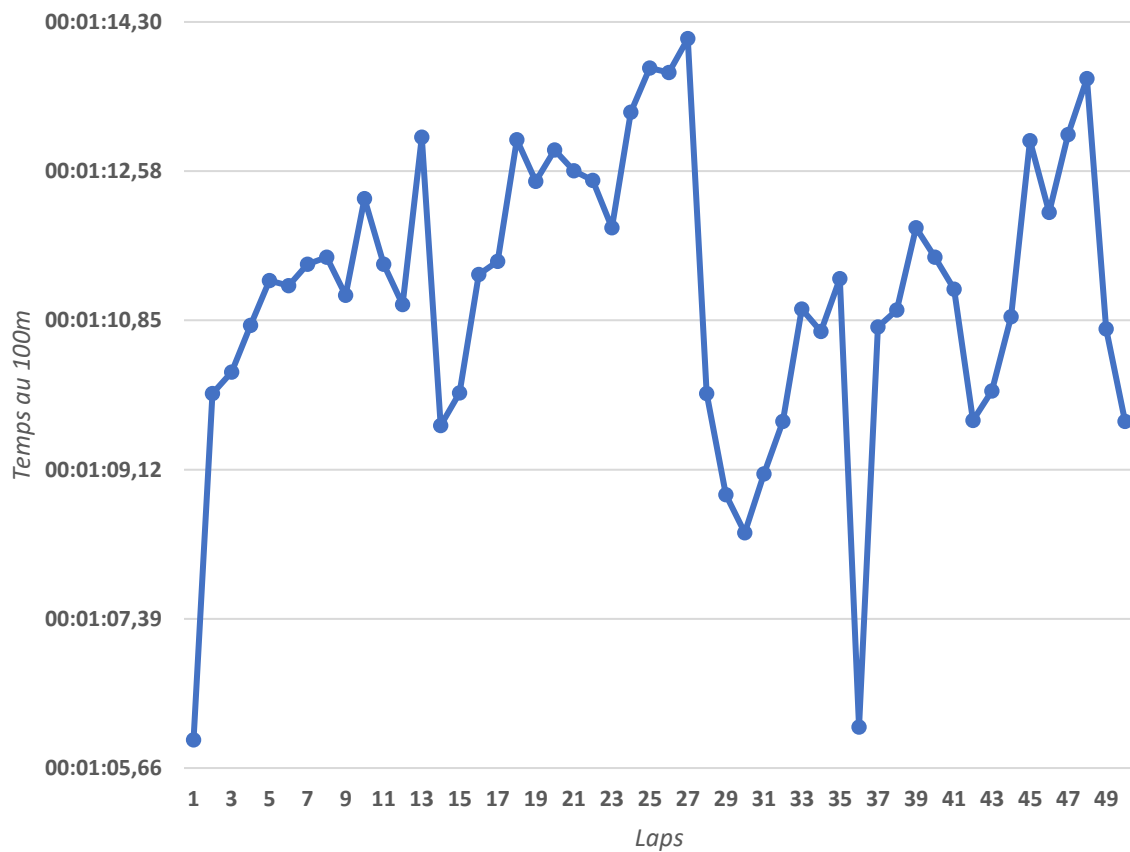
100	00:01:05,85	00:01:05,85
200	00:02:14,24	00:01:08,39
300	00:03:23,07	00:01:08,83
400	00:04:31,71	00:01:08,64
500	00:05:39,96	00:01:08,25
600	00:06:48,28	00:01:08,32
700	00:07:56,60	00:01:08,32
800	00:09:05,71	00:01:09,11
900	00:10:14,50	00:01:08,79
1000	00:11:23,73	00:01:09,23
1100	00:12:32,21	00:01:08,48
1200	00:13:40,71	00:01:08,50
1300	00:14:49,71	00:01:09,00
1400	00:15:58,74	00:01:09,03
1500	00:17:07,49	00:01:08,75
1600	00:18:16,03	00:01:08,54
1700	00:19:25,21	00:01:09,18
1800	00:20:33,21	00:01:08,00
1900	00:21:42,46	00:01:09,25
2000	00:22:50,67	00:01:08,21
2100	00:23:59,06	00:01:08,39
2200	00:25:07,56	00:01:08,50
2300	00:26:15,95	00:01:08,39
2400	00:27:25,24	00:01:09,29
2500	00:28:33,71	00:01:08,47
2600	00:29:42,81	00:01:09,10
2700	00:30:52,28	00:01:09,47
2800	00:32:02,46	00:01:10,18
2900	00:33:11,50	00:01:09,04
3000	00:34:20,09	00:01:08,59
3100	00:35:29,59	00:01:09,50
3200	00:36:38,99	00:01:09,40
3300	00:37:48,53	00:01:09,54
3400	00:38:58,57	00:01:10,04
3500	00:40:08,71	00:01:10,14
3600	00:41:17,09	00:01:08,38
3700	00:42:26,46	00:01:09,37
3800	00:43:35,74	00:01:09,28
3900	00:44:45,03	00:01:09,29
4000	00:45:54,06	00:01:09,03
4100	00:47:02,14	00:01:08,08
4200	00:48:10,84	00:01:08,70
4300	00:49:21,31	00:01:10,47
4400	00:50:28,57	00:01:07,26
4500	00:51:36,88	00:01:08,31
4600	00:52:45,31	00:01:08,43
4700	00:53:53,99	00:01:08,68
4800	00:55:02,49	00:01:08,50
4900	00:56:11,17	00:01:08,68
5000	00:57:20,39	00:01:09,22
	<i>Moyenne</i>	<i>00:01:08,81</i>

100	00:01:05,99	00:01:05,99
200	00:02:15,99	00:01:10,00
300	00:03:26,24	00:01:10,25
400	00:04:37,03	00:01:10,79
500	00:05:48,34	00:01:11,31
600	00:06:59,59	00:01:11,25
700	00:08:11,09	00:01:11,50
800	00:09:22,67	00:01:11,58
900	00:10:33,81	00:01:11,14
1000	00:11:46,07	00:01:12,26
1100	00:12:57,57	00:01:11,50
1200	00:14:08,60	00:01:11,03
1300	00:15:21,57	00:01:12,97
1400	00:16:31,20	00:01:09,63
1500	00:17:41,21	00:01:10,01
1600	00:18:52,59	00:01:11,38
1700	00:20:04,12	00:01:11,53
1800	00:21:17,06	00:01:12,94
1900	00:22:29,52	00:01:12,46
2000	00:23:42,34	00:01:12,82
2100	00:24:54,92	00:01:12,58
2200	00:26:07,39	00:01:12,47
2300	00:27:19,31	00:01:11,92
2400	00:28:32,57	00:01:13,26
2500	00:29:46,34	00:01:13,77
2600	00:31:00,06	00:01:13,72
2700	00:32:14,17	00:01:14,11
2800	00:33:24,17	00:01:10,00
2900	00:34:33,00	00:01:08,83
3000	00:35:41,39	00:01:08,39
3100	00:36:50,46	00:01:09,07
3200	00:38:00,14	00:01:09,68
3300	00:39:11,12	00:01:10,98
3400	00:40:21,84	00:01:10,72
3500	00:41:33,17	00:01:11,33
100	00:01:06,14	00:01:06,14
200	00:02:16,91	00:01:10,77
300	00:03:27,88	00:01:10,97
400	00:04:39,80	00:01:11,92
500	00:05:51,38	00:01:11,58
600	00:07:02,59	00:01:11,21
700	00:08:12,28	00:01:09,69
800	00:09:22,31	00:01:10,03
900	00:10:33,20	00:01:10,89
1000	00:11:46,13	00:01:12,93
1100	00:12:58,23	00:01:12,10
1200	00:14:11,23	00:01:13,00
1300	00:15:24,88	00:01:13,65
1400	00:16:35,63	00:01:10,75
1500	00:17:45,31	00:01:09,68
10000	01:56:38,87	

Naïm Mokhfi 1er 5km



Naïm Mokhfi 1er 5km

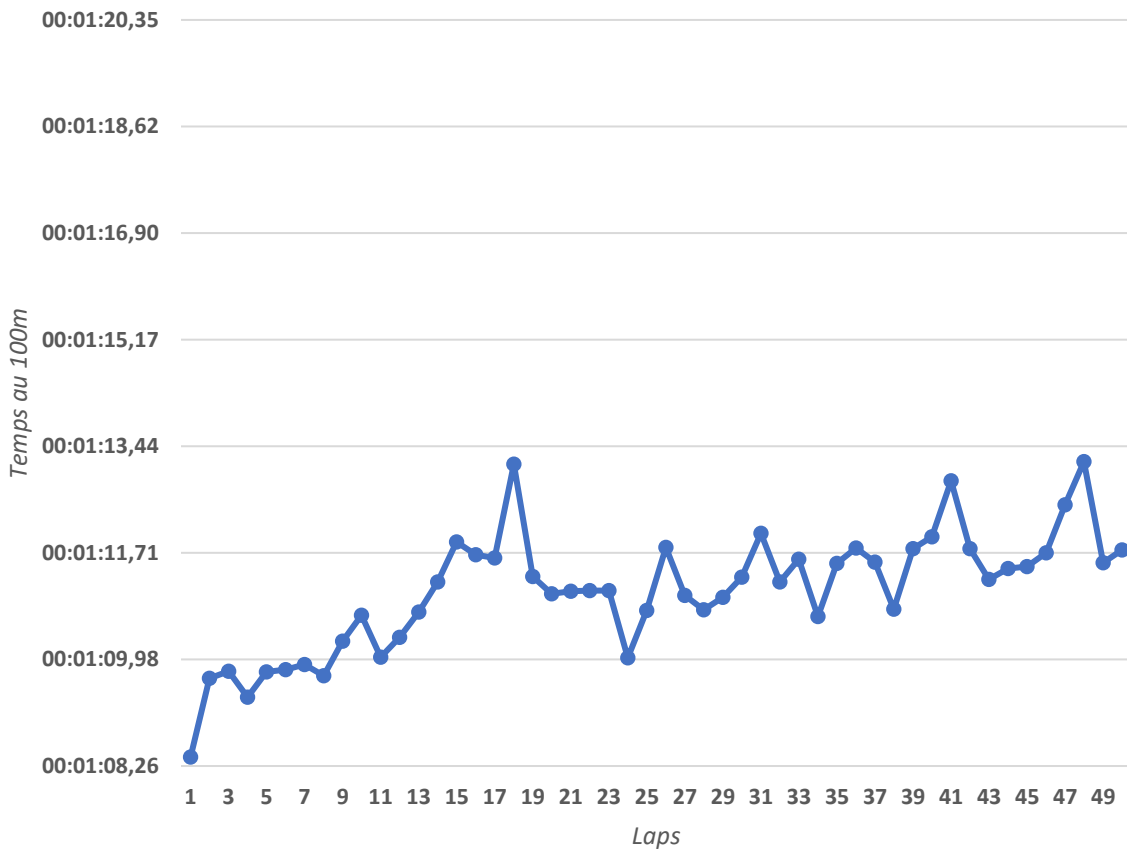


Mathieu Ben Rahou Test 10 km

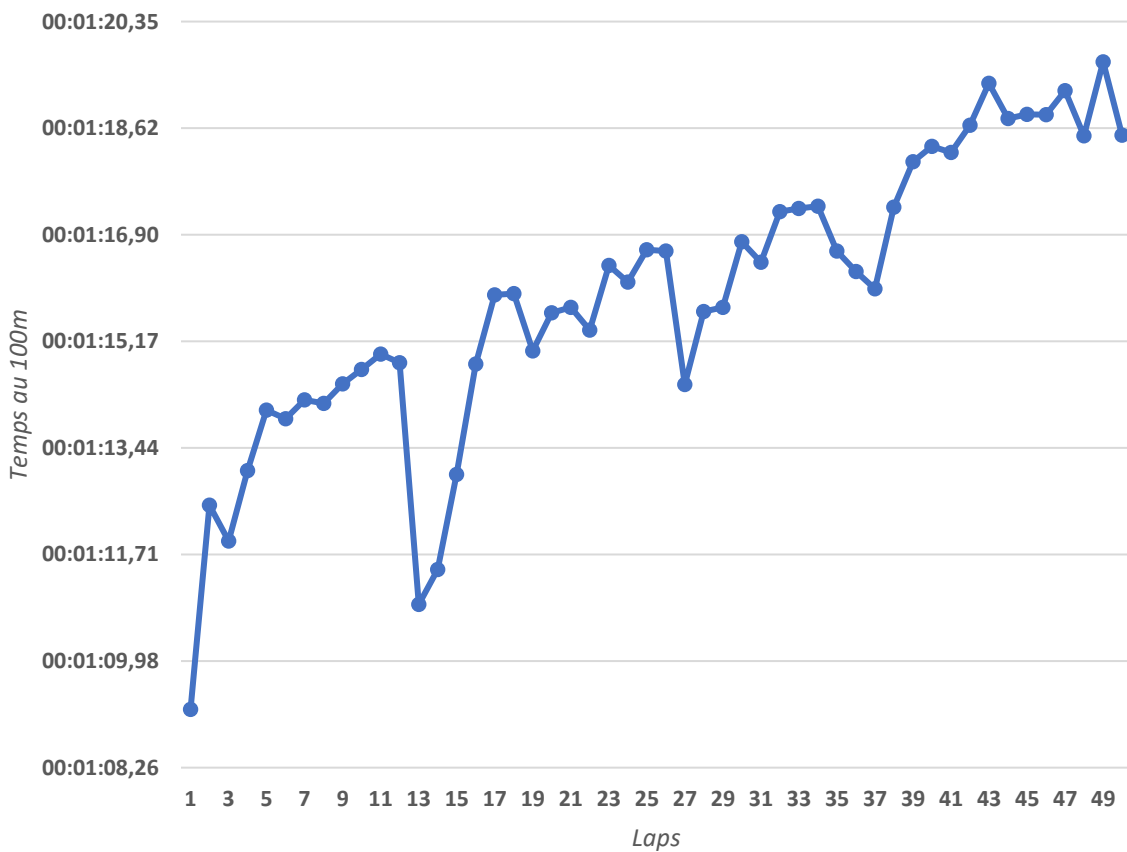
100	00:01:08,40	00:01:08,40
200	00:02:18,08	00:01:09,68
300	00:03:27,87	00:01:09,79
400	00:04:37,24	00:01:09,37
500	00:05:47,02	00:01:09,78
600	00:06:56,84	00:01:09,82
700	00:08:06,74	00:01:09,90
800	00:09:16,46	00:01:09,72
900	00:10:26,74	00:01:10,28
1000	00:11:37,44	00:01:10,70
1100	00:12:47,46	00:01:10,02
1200	00:13:57,80	00:01:10,34
1300	00:15:08,55	00:01:10,75
1400	00:16:19,79	00:01:11,24
1500	00:17:31,68	00:01:11,89
1600	00:18:43,36	00:01:11,68
1700	00:19:54,99	00:01:11,63
1800	00:21:08,14	00:01:13,15
1900	00:22:19,47	00:01:11,33
2000	00:23:30,52	00:01:11,05
2100	00:24:41,61	00:01:11,09
2200	00:25:52,71	00:01:11,10
2300	00:27:03,81	00:01:11,10
2400	00:28:13,82	00:01:10,01
2500	00:29:24,60	00:01:10,78
2600	00:30:36,40	00:01:11,80
2700	00:31:47,42	00:01:11,02
2800	00:32:58,21	00:01:10,79
2900	00:34:09,20	00:01:10,99
3000	00:35:20,52	00:01:11,32
3100	00:36:32,55	00:01:12,03
3200	00:37:43,79	00:01:11,24
3300	00:38:55,40	00:01:11,61
3400	00:40:06,08	00:01:10,68
3500	00:41:17,62	00:01:11,54
3600	00:42:29,41	00:01:11,79
3700	00:43:40,97	00:01:11,56
3800	00:44:51,77	00:01:10,80
3900	00:46:03,55	00:01:11,78
4000	00:47:15,52	00:01:11,97
4100	00:48:28,40	00:01:12,88
4200	00:49:40,18	00:01:11,78
4300	00:50:51,46	00:01:11,28
4400	00:52:02,92	00:01:11,46
4500	00:53:14,41	00:01:11,49
4600	00:54:26,12	00:01:11,71
4700	00:55:38,61	00:01:12,49
4800	00:56:51,80	00:01:13,19
4900	00:58:03,35	00:01:11,55
5000	00:59:15,11	00:01:11,76
	<i>Moyenne</i>	00:01:11,10

100	00:01:09,20	00:01:09,20
200	00:02:21,71	00:01:12,51
300	00:03:33,64	00:01:11,93
400	00:04:46,71	00:01:13,07
500	00:06:00,76	00:01:14,05
600	00:07:14,67	00:01:13,91
700	00:08:28,89	00:01:14,22
800	00:09:43,05	00:01:14,16
900	00:10:57,53	00:01:14,48
1000	00:12:12,24	00:01:14,71
1100	00:13:27,20	00:01:14,96
1200	00:14:42,02	00:01:14,82
1300	00:15:52,92	00:01:10,90
1400	00:17:04,39	00:01:11,47
1500	00:18:17,40	00:01:13,01
1600	00:19:32,20	00:01:14,80
1700	00:20:48,12	00:01:15,92
1800	00:22:04,06	00:01:15,94
1900	00:23:19,07	00:01:15,01
2000	00:24:34,70	00:01:15,63
2100	00:25:50,42	00:01:15,72
2200	00:27:05,77	00:01:15,35
2300	00:28:22,17	00:01:16,40
2400	00:29:38,30	00:01:16,13
2500	00:30:54,95	00:01:16,65
2600	00:32:11,58	00:01:16,63
2700	00:33:26,05	00:01:14,47
2800	00:34:41,70	00:01:15,65
2900	00:35:57,42	00:01:15,72
3000	00:37:14,20	00:01:16,78
3100	00:38:30,65	00:01:16,45
3200	00:39:47,92	00:01:17,27
3300	00:41:05,24	00:01:17,32
3400	00:42:22,60	00:01:17,36
3500	00:43:39,23	00:01:16,63
100	00:01:16,30	00:01:16,30
200	00:02:32,32	00:01:16,02
300	00:03:49,66	00:01:17,34
400	00:05:07,74	00:01:18,08
500	00:06:26,07	00:01:18,33
600	00:07:44,30	00:01:18,23
700	00:09:02,97	00:01:18,67
800	00:10:22,32	00:01:19,35
900	00:11:41,10	00:01:18,78
1000	00:12:59,95	00:01:18,85
1100	00:14:18,79	00:01:18,84
1200	00:15:38,02	00:01:19,23
1300	00:16:56,52	00:01:18,50
1400	00:18:16,22	00:01:19,70
1500	00:19:34,73	00:01:18,51
10000	02:02:29,07	

Mathieu Ben Rahou 1er 5km



Mathieu Ben Rahou 2ème 5km

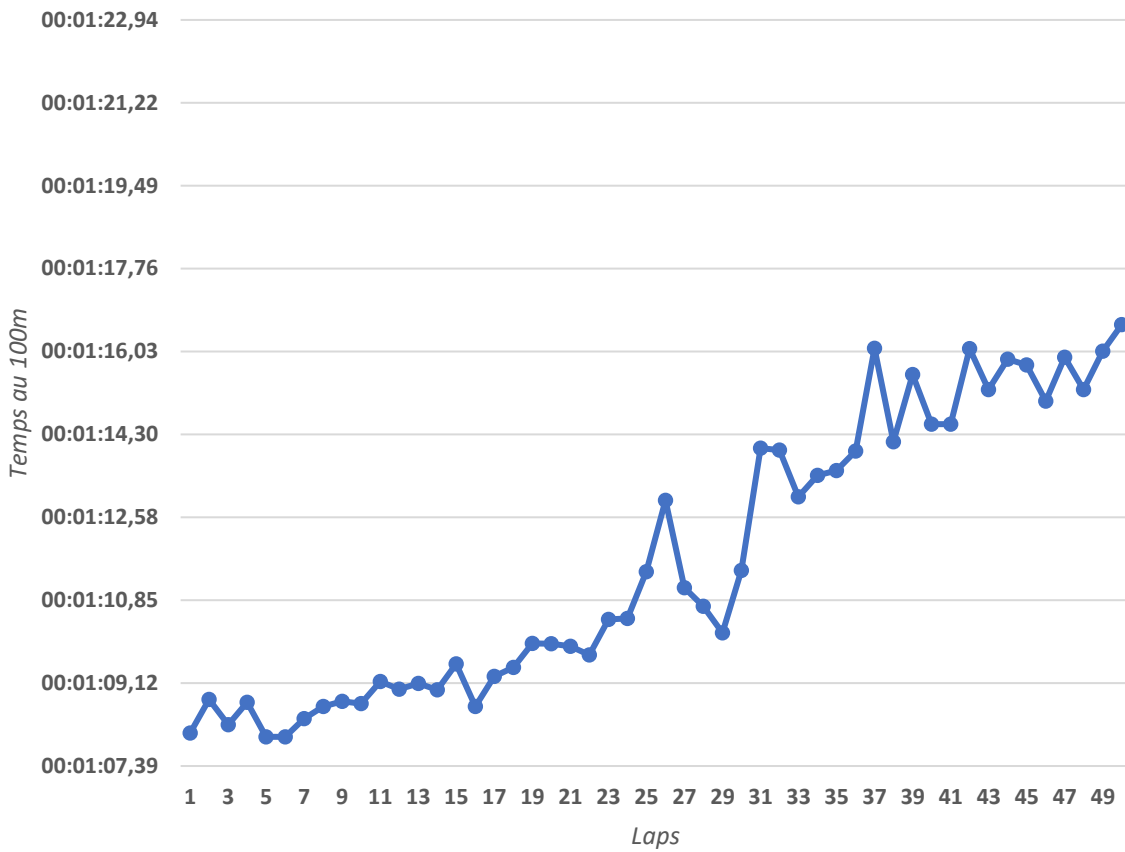


Maxime Maetz Test 10 km

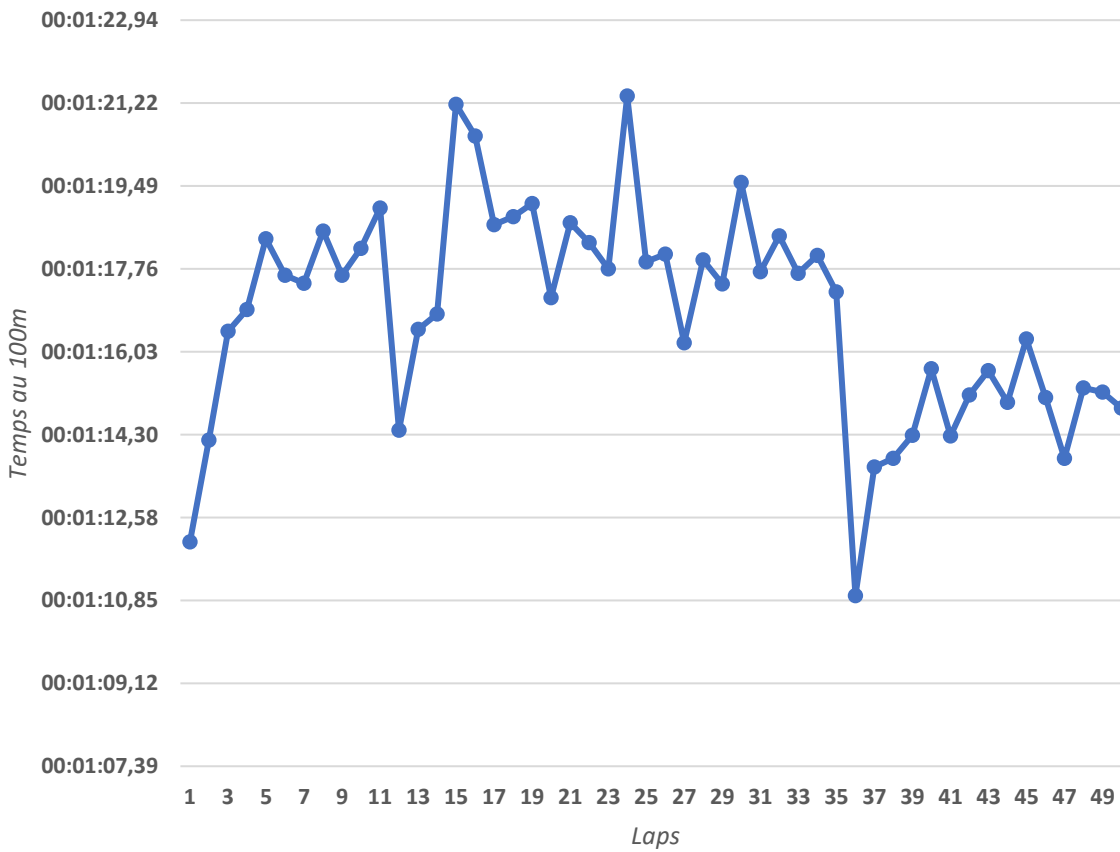
100	00:01:08,08	00:01:08,08
200	00:02:16,86	00:01:08,78
300	00:03:25,11	00:01:08,25
400	00:04:33,83	00:01:08,72
500	00:05:41,83	00:01:08,00
600	00:06:49,83	00:01:08,00
700	00:07:58,21	00:01:08,38
800	00:09:06,84	00:01:08,63
900	00:10:15,58	00:01:08,74
1000	00:11:24,27	00:01:08,69
1100	00:12:33,42	00:01:09,15
1200	00:13:42,41	00:01:08,99
1300	00:14:51,52	00:01:09,11
1400	00:16:00,50	00:01:08,98
1500	00:17:10,02	00:01:09,52
1600	00:18:18,65	00:01:08,63
1700	00:19:27,91	00:01:09,26
1800	00:20:37,36	00:01:09,45
1900	00:21:47,31	00:01:09,95
2000	00:22:57,25	00:01:09,94
2100	00:24:07,14	00:01:09,89
2200	00:25:16,85	00:01:09,71
2300	00:26:27,30	00:01:10,45
2400	00:27:37,77	00:01:10,47
2500	00:28:49,21	00:01:11,44
2600	00:30:02,14	00:01:12,93
2700	00:31:13,25	00:01:11,11
2800	00:32:23,97	00:01:10,72
2900	00:33:34,14	00:01:10,17
3000	00:34:45,61	00:01:11,47
3100	00:35:59,63	00:01:14,02
3200	00:37:13,61	00:01:13,98
3300	00:38:26,61	00:01:13,00
3400	00:39:40,06	00:01:13,45
3500	00:40:53,61	00:01:13,55
3600	00:42:07,57	00:01:13,96
3700	00:43:23,67	00:01:16,10
3800	00:44:37,82	00:01:14,15
3900	00:45:53,37	00:01:15,55
4000	00:47:07,89	00:01:14,52
4100	00:48:22,41	00:01:14,52
4200	00:49:38,50	00:01:16,09
4300	00:50:53,74	00:01:15,24
4400	00:52:09,61	00:01:15,87
4500	00:53:25,36	00:01:15,75
4600	00:54:40,36	00:01:15,00
4700	00:55:56,27	00:01:15,91
4800	00:57:11,51	00:01:15,24
4900	00:58:27,55	00:01:16,04
5000	00:59:44,14	00:01:16,59
	<i>Moyenne</i>	<i>00:01:11,68</i>

100	00:01:12,07	00:01:12,07
200	00:02:26,26	00:01:14,19
300	00:03:42,72	00:01:16,46
400	00:04:59,63	00:01:16,91
500	00:06:18,02	00:01:18,39
600	00:07:35,65	00:01:17,63
700	00:08:53,11	00:01:17,46
800	00:10:11,66	00:01:18,55
900	00:11:29,29	00:01:17,63
1000	00:12:47,48	00:01:18,19
1100	00:14:06,51	00:01:19,03
1200	00:15:20,91	00:01:14,40
1300	00:16:37,41	00:01:16,50
1400	00:17:54,23	00:01:16,82
1500	00:19:15,42	00:01:21,19
1600	00:20:35,95	00:01:20,53
1700	00:21:54,63	00:01:18,68
1800	00:23:13,48	00:01:18,85
1900	00:24:32,60	00:01:19,12
2000	00:25:49,76	00:01:17,16
2100	00:27:08,48	00:01:18,72
2200	00:28:26,79	00:01:18,31
2300	00:29:44,55	00:01:17,76
2400	00:31:05,91	00:01:21,36
2500	00:32:23,82	00:01:17,91
2600	00:33:41,89	00:01:18,07
2700	00:34:58,11	00:01:16,22
2800	00:36:16,06	00:01:17,95
2900	00:37:33,51	00:01:17,45
3000	00:38:53,07	00:01:19,56
3100	00:40:10,77	00:01:17,70
3200	00:41:29,22	00:01:18,45
3300	00:42:46,89	00:01:17,67
3400	00:44:04,93	00:01:18,04
3500	00:45:22,21	00:01:17,28
100	00:01:10,95	00:01:10,95
200	00:02:24,58	00:01:13,63
300	00:03:38,39	00:01:13,81
400	00:04:52,68	00:01:14,29
500	00:06:08,36	00:01:15,68
600	00:07:22,64	00:01:14,28
700	00:08:37,77	00:01:15,13
800	00:09:53,41	00:01:15,64
900	00:11:08,39	00:01:14,98
1000	00:12:24,69	00:01:16,30
1100	00:13:39,77	00:01:15,08
1200	00:14:53,58	00:01:13,81
1300	00:16:08,86	00:01:15,28
1400	00:17:24,05	00:01:15,19
1500	00:18:38,91	00:01:14,86
10000	02:03:45,26	

Maxime Maetz 1er 5km



Maxime Maetz 2ème 5km

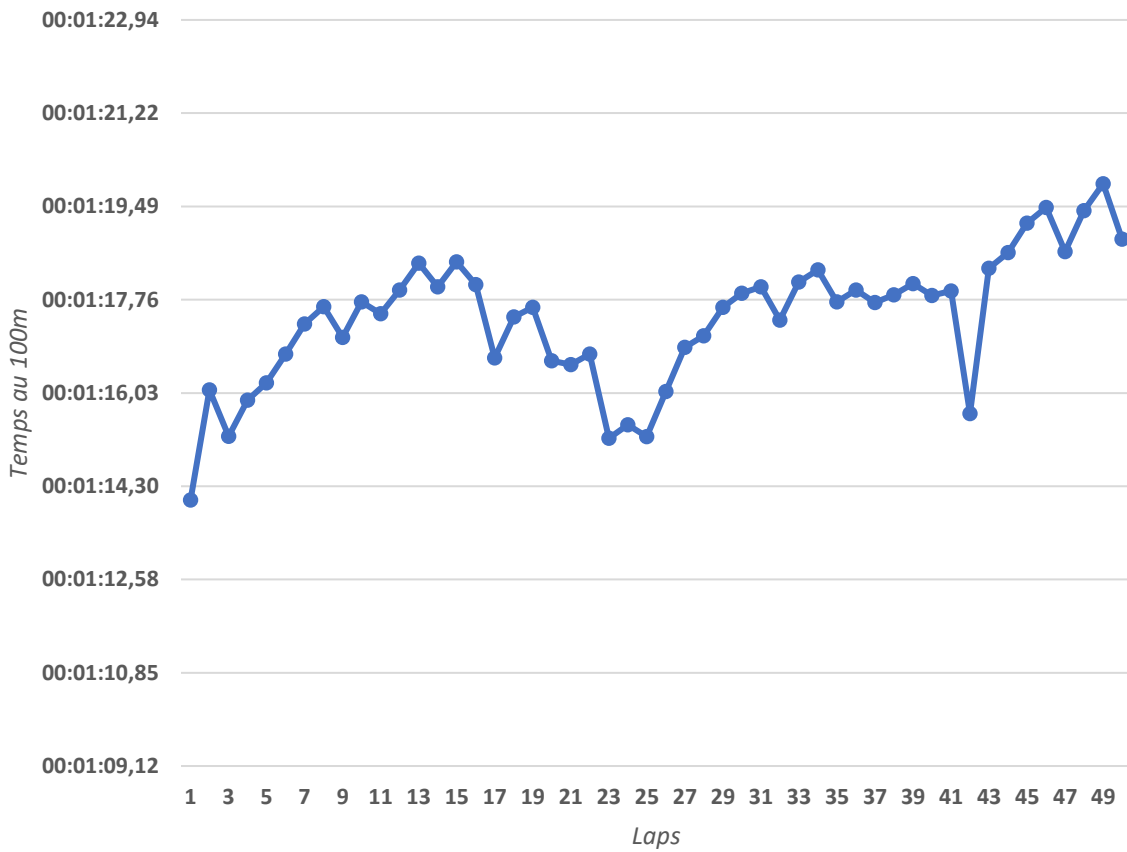


Lila Langlais Test 10 km

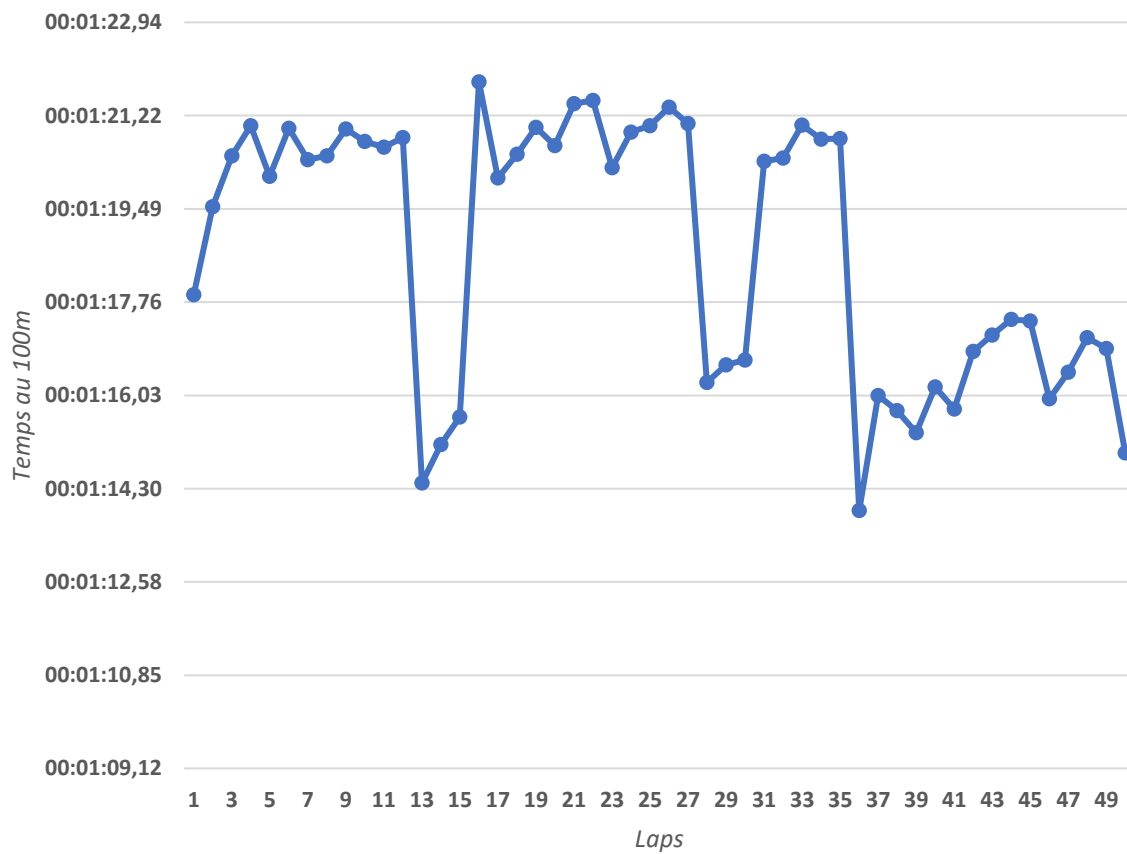
100	00:01:14,05	00:01:14,05
200	00:02:30,14	00:01:16,09
300	00:03:45,37	00:01:15,23
400	00:05:01,27	00:01:15,90
500	00:06:17,49	00:01:16,22
600	00:07:34,24	00:01:16,75
700	00:08:51,55	00:01:17,31
800	00:10:09,18	00:01:17,63
900	00:11:26,24	00:01:17,06
1000	00:12:43,96	00:01:17,72
1100	00:14:01,46	00:01:17,50
1200	00:15:19,40	00:01:17,94
1300	00:16:37,84	00:01:18,44
1400	00:17:55,84	00:01:18,00
1500	00:19:14,30	00:01:18,46
1600	00:20:32,34	00:01:18,04
1700	00:21:49,02	00:01:16,68
1800	00:23:06,46	00:01:17,44
1900	00:24:24,08	00:01:17,62
2000	00:25:40,71	00:01:16,63
2100	00:26:57,27	00:01:16,56
2200	00:28:14,02	00:01:16,75
2300	00:29:29,21	00:01:15,19
2400	00:30:44,65	00:01:15,44
2500	00:31:59,87	00:01:15,22
2600	00:33:15,93	00:01:16,06
2700	00:34:32,81	00:01:16,88
2800	00:35:49,90	00:01:17,09
2900	00:37:07,52	00:01:17,62
3000	00:38:25,40	00:01:17,88
3100	00:39:43,40	00:01:18,00
3200	00:41:00,78	00:01:17,38
3300	00:42:18,87	00:01:18,09
3400	00:43:37,18	00:01:18,31
3500	00:44:54,90	00:01:17,72
3600	00:46:12,84	00:01:17,94
3700	00:47:30,55	00:01:17,71
3800	00:48:48,40	00:01:17,85
3900	00:50:06,46	00:01:18,06
4000	00:51:24,30	00:01:17,84
4100	00:52:42,22	00:01:17,92
4200	00:53:57,87	00:01:15,65
4300	00:55:16,21	00:01:18,34
4400	00:56:34,84	00:01:18,63
4500	00:57:54,02	00:01:19,18
4600	00:59:13,49	00:01:19,47
4700	01:00:32,14	00:01:18,65
4800	01:01:51,55	00:01:19,41
4900	01:03:11,46	00:01:19,91
5000	01:04:30,34	00:01:18,88
	<i>Moyenne</i>	00:01:17,41

100	00:01:17,90	00:01:17,90
200	00:02:37,43	00:01:19,53
300	00:03:57,90	00:01:20,47
400	00:05:18,93	00:01:21,03
500	00:06:39,02	00:01:20,09
600	00:08:00,00	00:01:20,98
700	00:09:20,40	00:01:20,40
800	00:10:40,87	00:01:20,47
900	00:12:01,84	00:01:20,97
1000	00:13:22,58	00:01:20,74
1100	00:14:43,21	00:01:20,63
1200	00:16:04,02	00:01:20,81
1300	00:17:18,43	00:01:14,41
1400	00:18:33,55	00:01:15,12
1500	00:19:49,18	00:01:15,63
1600	00:21:11,02	00:01:21,84
1700	00:22:31,08	00:01:20,06
1800	00:23:51,58	00:01:20,50
1900	00:25:12,58	00:01:21,00
2000	00:26:33,24	00:01:20,66
2100	00:27:54,68	00:01:21,44
2200	00:29:16,18	00:01:21,50
2300	00:30:36,43	00:01:20,25
2400	00:31:57,34	00:01:20,91
2500	00:33:18,37	00:01:21,03
2600	00:34:39,74	00:01:21,37
2700	00:36:00,81	00:01:21,07
2800	00:37:17,08	00:01:16,27
2900	00:38:33,68	00:01:16,60
3000	00:39:50,37	00:01:16,69
3100	00:41:10,74	00:01:20,37
3200	00:42:31,17	00:01:20,43
3300	00:43:52,21	00:01:21,04
3400	00:45:12,99	00:01:20,78
3500	00:46:33,78	00:01:20,79
100	00:01:13,90	00:01:13,90
200	00:02:29,93	00:01:16,03
300	00:03:45,68	00:01:15,75
400	00:05:01,02	00:01:15,34
500	00:06:17,21	00:01:16,19
600	00:07:32,99	00:01:15,78
700	00:08:49,84	00:01:16,85
800	00:10:06,99	00:01:17,15
900	00:11:24,43	00:01:17,44
1000	00:12:41,84	00:01:17,41
1100	00:13:57,81	00:01:15,97
1200	00:15:14,27	00:01:16,46
1300	00:16:31,37	00:01:17,10
1400	00:17:48,27	00:01:16,90
1500	00:19:03,24	00:01:14,97
10000	02:10:07,36	

Lila Langlais 1er 5km



Lila Langlais 2ème 5km

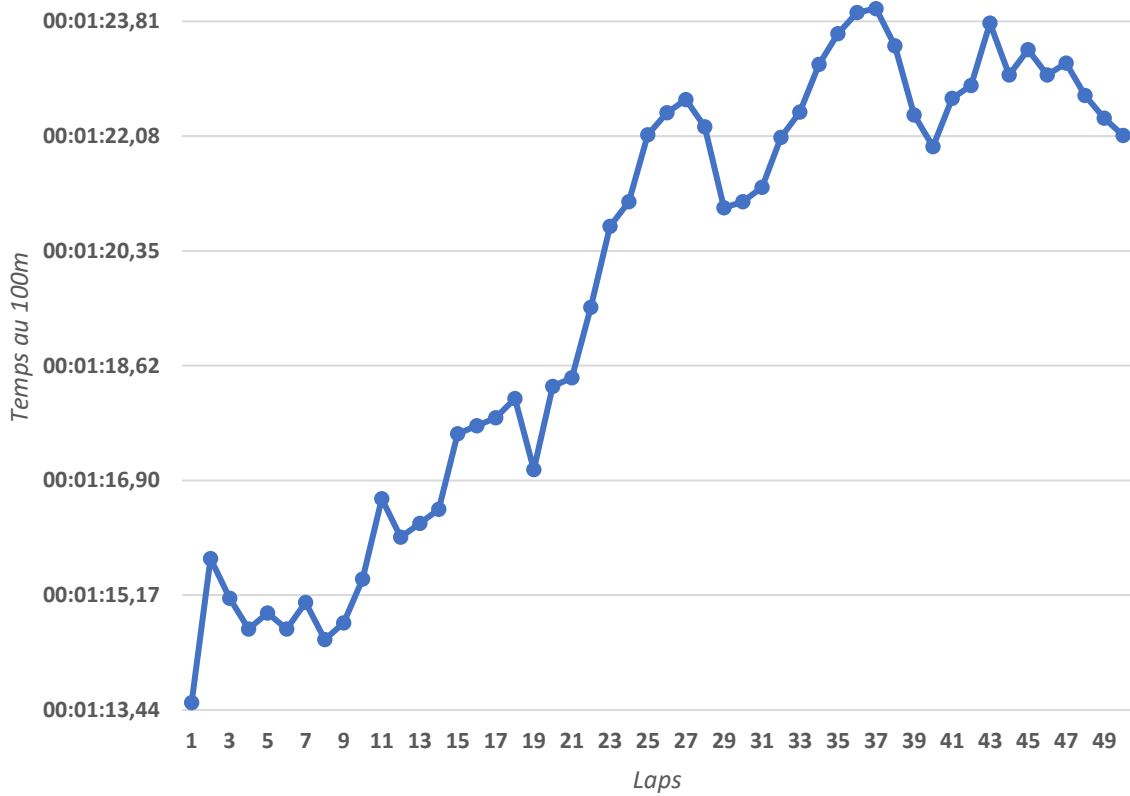


Morgane Garcia Test 10 km

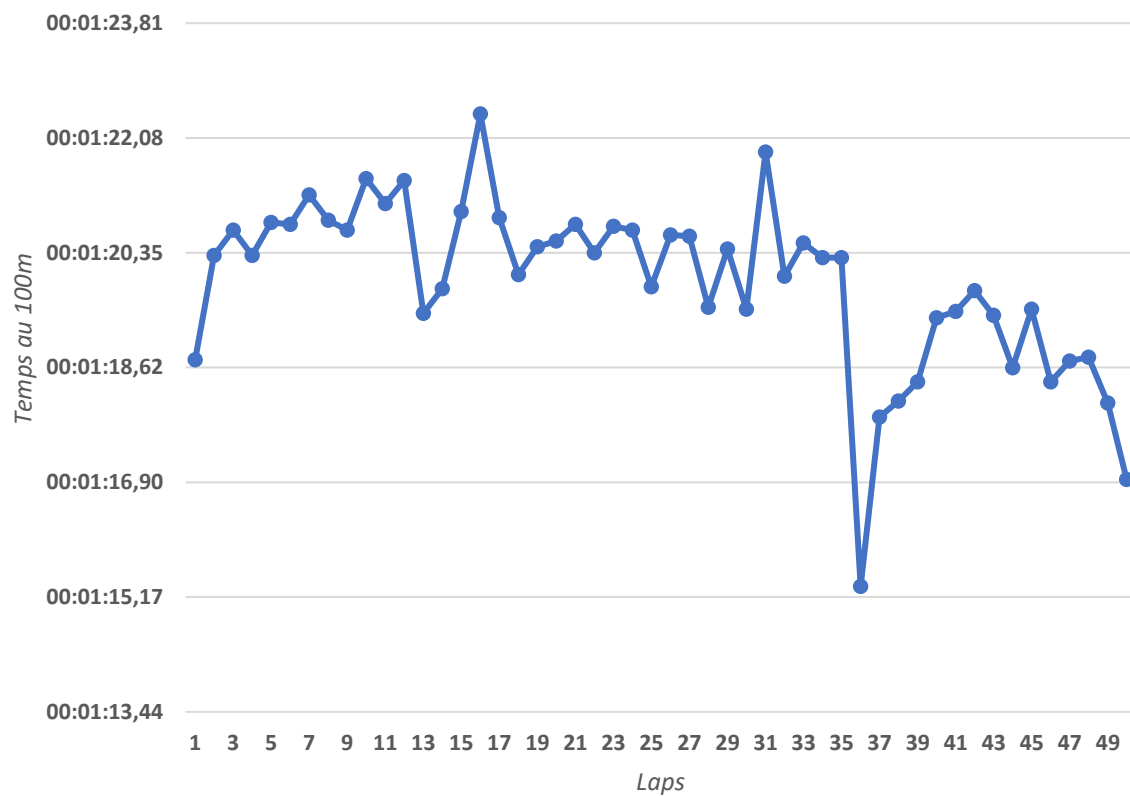
100	00:01:13,55	00:01:13,55
200	00:02:29,27	00:01:15,72
300	00:03:44,39	00:01:15,12
400	00:04:59,05	00:01:14,66
500	00:06:13,95	00:01:14,90
600	00:07:28,61	00:01:14,66
700	00:08:43,67	00:01:15,06
800	00:09:58,17	00:01:14,50
900	00:11:12,92	00:01:14,75
1000	00:12:28,33	00:01:15,41
1100	00:13:44,95	00:01:16,62
1200	00:15:00,99	00:01:16,04
1300	00:16:17,24	00:01:16,25
1400	00:17:33,70	00:01:16,46
1500	00:18:51,30	00:01:17,60
1600	00:20:09,02	00:01:17,72
1700	00:21:26,86	00:01:17,84
1800	00:22:44,99	00:01:18,13
1900	00:24:02,05	00:01:17,06
2000	00:25:20,36	00:01:18,31
2100	00:26:38,80	00:01:18,44
2200	00:27:58,30	00:01:19,50
2300	00:29:19,02	00:01:20,72
2400	00:30:40,11	00:01:21,09
2500	00:32:02,21	00:01:22,10
2600	00:33:24,64	00:01:22,43
2700	00:34:47,27	00:01:22,63
2800	00:36:09,49	00:01:22,22
2900	00:37:30,49	00:01:21,00
3000	00:38:51,58	00:01:21,09
3100	00:40:12,89	00:01:21,31
3200	00:41:34,95	00:01:22,06
3300	00:42:57,39	00:01:22,44
3400	00:44:20,55	00:01:23,16
3500	00:45:44,17	00:01:23,62
3600	00:47:08,11	00:01:23,94
3700	00:48:32,11	00:01:24,00
3800	00:49:55,55	00:01:23,44
3900	00:51:17,95	00:01:22,40
4000	00:52:39,87	00:01:21,92
4100	00:54:02,52	00:01:22,65
4200	00:55:25,36	00:01:22,84
4300	00:56:49,14	00:01:23,78
4400	00:58:12,14	00:01:23,00
4500	00:59:35,52	00:01:23,38
4600	01:00:58,52	00:01:23,00
4700	01:02:21,70	00:01:23,18
4800	01:03:44,39	00:01:22,69
4900	01:05:06,74	00:01:22,35
5000	01:06:28,83	00:01:22,09
	<i>Moyenne</i>	00:01:19,78

100	00:01:18,74	00:01:18,74
200	00:02:39,05	00:01:20,31
300	00:03:59,74	00:01:20,69
400	00:05:20,05	00:01:20,31
500	00:06:40,86	00:01:20,81
600	00:08:01,64	00:01:20,78
700	00:09:22,86	00:01:21,22
800	00:10:43,70	00:01:20,84
900	00:12:04,39	00:01:20,69
1000	00:13:25,86	00:01:21,47
1100	00:14:46,95	00:01:21,09
1200	00:16:08,39	00:01:21,44
1300	00:17:27,83	00:01:19,44
1400	00:18:47,64	00:01:19,81
1500	00:20:08,61	00:01:20,97
1600	00:21:31,05	00:01:22,44
1700	00:22:51,93	00:01:20,88
1800	00:24:11,95	00:01:20,02
1900	00:25:32,39	00:01:20,44
2000	00:26:52,92	00:01:20,53
2100	00:28:13,70	00:01:20,78
2200	00:29:34,05	00:01:20,35
2300	00:30:54,80	00:01:20,75
2400	00:32:15,49	00:01:20,69
2500	00:33:35,33	00:01:19,84
2600	00:34:55,95	00:01:20,62
2700	00:36:16,55	00:01:20,60
2800	00:37:36,08	00:01:19,53
2900	00:38:56,49	00:01:20,41
3000	00:40:15,99	00:01:19,50
3100	00:41:37,86	00:01:21,87
3200	00:42:57,86	00:01:20,00
3300	00:44:18,36	00:01:20,50
3400	00:45:38,64	00:01:20,28
3500	00:46:58,92	00:01:20,28
100	00:01:15,33	00:01:15,33
200	00:02:33,21	00:01:17,88
300	00:03:51,33	00:01:18,12
400	00:05:09,74	00:01:18,41
500	00:06:29,11	00:01:19,37
600	00:07:48,58	00:01:19,47
700	00:09:08,36	00:01:19,78
800	00:10:27,77	00:01:19,41
900	00:11:46,39	00:01:18,62
1000	00:13:05,89	00:01:19,50
1100	00:14:24,30	00:01:18,41
1200	00:15:43,02	00:01:18,72
1300	00:17:01,80	00:01:18,78
1400	00:18:19,89	00:01:18,09
1500	00:19:36,83	00:01:16,94
10000	02:13:04,58	

Morgane Garcia 1er 5km



Morgane Garcia 2ème 5km

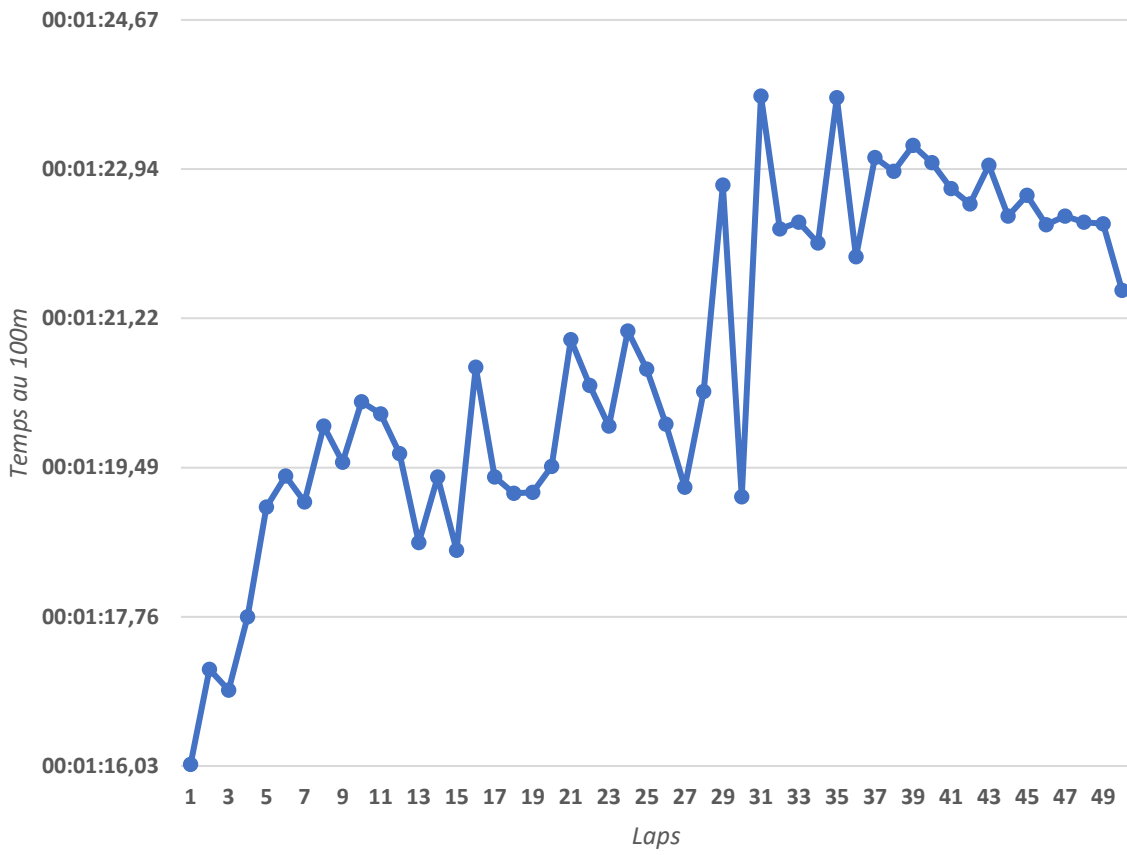


Emilie Anne Test 10 km

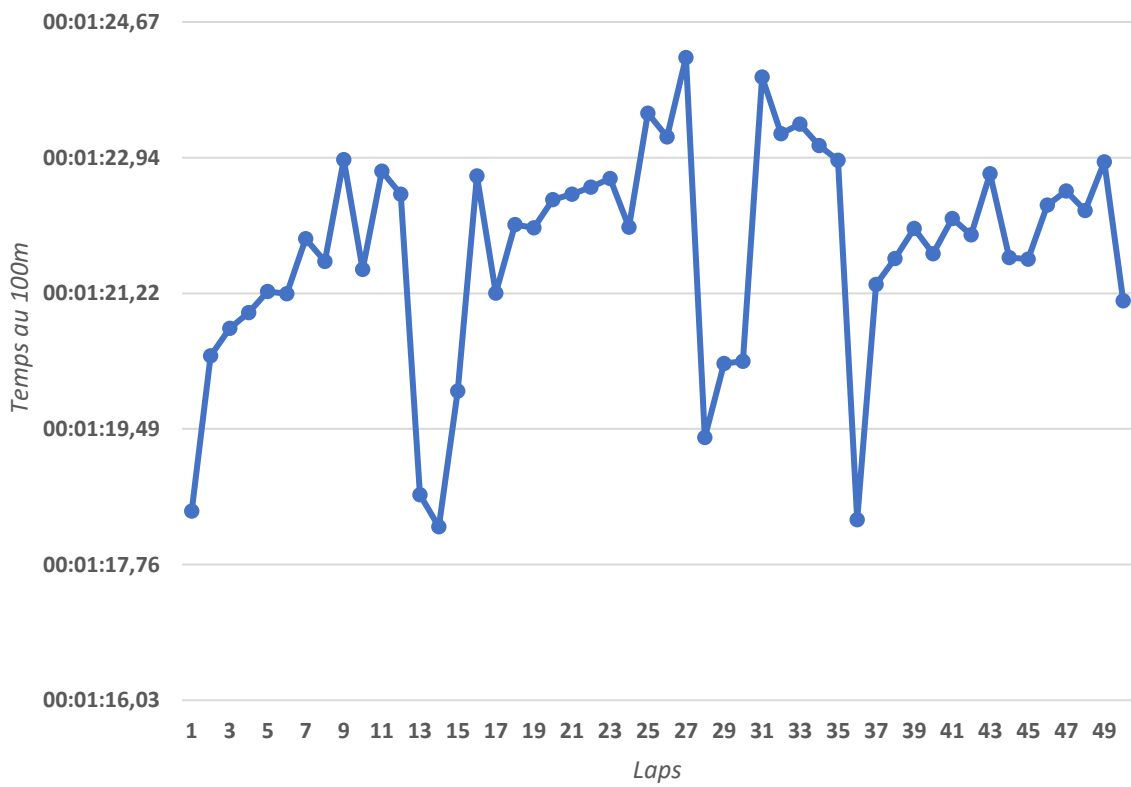
100	00:01:16,05	00:01:16,05
200	00:02:33,20	00:01:17,15
300	00:03:50,11	00:01:16,91
400	00:05:07,87	00:01:17,76
500	00:06:26,90	00:01:19,03
600	00:07:46,29	00:01:19,39
700	00:09:05,38	00:01:19,09
800	00:10:25,35	00:01:19,97
900	00:11:44,90	00:01:19,55
1000	00:13:05,15	00:01:20,25
1100	00:14:25,26	00:01:20,11
1200	00:15:44,91	00:01:19,65
1300	00:17:03,53	00:01:18,62
1400	00:18:22,91	00:01:19,38
1500	00:19:41,44	00:01:18,53
1600	00:21:02,09	00:01:20,65
1700	00:22:21,47	00:01:19,38
1800	00:23:40,66	00:01:19,19
1900	00:24:59,86	00:01:19,20
2000	00:26:19,36	00:01:19,50
2100	00:27:40,33	00:01:20,97
2200	00:29:00,77	00:01:20,44
2300	00:30:20,74	00:01:19,97
2400	00:31:41,81	00:01:21,07
2500	00:33:02,44	00:01:20,63
2600	00:34:22,43	00:01:19,99
2700	00:35:41,69	00:01:19,26
2800	00:37:02,06	00:01:20,37
2900	00:38:24,82	00:01:22,76
3000	00:39:43,97	00:01:19,15
3100	00:41:07,76	00:01:23,79
3200	00:42:30,01	00:01:22,25
3300	00:43:52,34	00:01:22,33
3400	00:45:14,43	00:01:22,09
3500	00:46:38,20	00:01:23,77
3600	00:48:00,13	00:01:21,93
3700	00:49:23,21	00:01:23,08
3800	00:50:46,13	00:01:22,92
3900	00:52:09,35	00:01:23,22
4000	00:53:32,37	00:01:23,02
4100	00:54:55,09	00:01:22,72
4200	00:56:17,63	00:01:22,54
4300	00:57:40,62	00:01:22,99
4400	00:59:03,02	00:01:22,40
4500	01:00:25,66	00:01:22,64
4600	01:01:47,96	00:01:22,30
4700	01:03:10,36	00:01:22,40
4800	01:04:32,69	00:01:22,33
4900	01:05:55,00	00:01:22,31
5000	01:07:16,54	00:01:21,54
	<i>Moyenne</i>	00:01:20,73

100	00:01:18,44	00:01:18,44
200	00:02:38,86	00:01:20,42
300	00:03:59,63	00:01:20,77
400	00:05:20,60	00:01:20,97
500	00:06:41,84	00:01:21,24
600	00:08:03,05	00:01:21,21
700	00:09:24,96	00:01:21,91
800	00:10:46,58	00:01:21,62
900	00:12:09,50	00:01:22,92
1000	00:13:31,02	00:01:21,52
1100	00:14:53,79	00:01:22,77
1200	00:16:16,27	00:01:22,48
1300	00:17:34,92	00:01:18,65
1400	00:18:53,16	00:01:18,24
1500	00:20:13,13	00:01:19,97
1600	00:21:35,84	00:01:22,71
1700	00:22:57,06	00:01:21,22
1800	00:24:19,15	00:01:22,09
1900	00:25:41,20	00:01:22,05
2000	00:27:03,61	00:01:22,41
2100	00:28:26,09	00:01:22,48
2200	00:29:48,66	00:01:22,57
2300	00:31:11,34	00:01:22,68
2400	00:32:33,40	00:01:22,06
2500	00:33:56,91	00:01:23,51
2600	00:35:20,12	00:01:23,21
2700	00:36:44,34	00:01:24,22
2800	00:38:03,72	00:01:19,38
2900	00:39:24,04	00:01:20,32
3000	00:40:44,39	00:01:20,35
3100	00:42:08,36	00:01:23,97
3200	00:43:31,61	00:01:23,25
3300	00:44:54,98	00:01:23,37
3400	00:46:18,08	00:01:23,10
3500	00:47:40,99	00:01:22,91
100	00:01:18,33	00:01:18,33
200	00:02:39,66	00:01:21,33
300	00:04:01,32	00:01:21,66
400	00:05:23,36	00:01:22,04
500	00:06:45,08	00:01:21,72
600	00:08:07,25	00:01:22,17
700	00:09:29,21	00:01:21,96
800	00:10:51,95	00:01:22,74
900	00:12:13,62	00:01:21,67
1000	00:13:35,27	00:01:21,65
1100	00:14:57,61	00:01:22,34
1200	00:16:20,13	00:01:22,52
1300	00:17:42,40	00:01:22,27
1400	00:19:05,29	00:01:22,89
1500	00:20:26,41	00:01:21,12
10000	02:15:23,94	

Emilie Anne 1er 5km



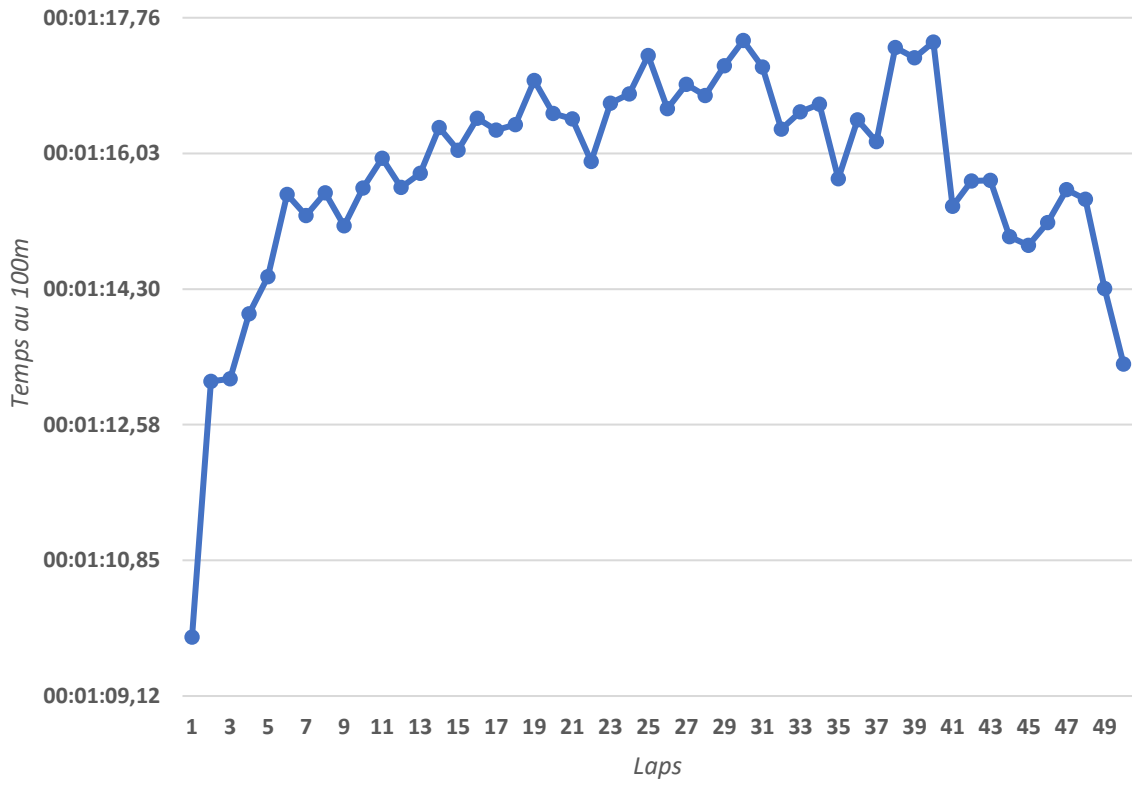
Emilie Anne 2ème 5km



Ilona Maille Test 5 km

100	00:01:09,87	00:01:09,87
200	00:02:23,00	00:01:13,13
300	00:03:36,16	00:01:13,16
400	00:04:50,15	00:01:13,99
500	00:06:04,61	00:01:14,46
600	00:07:20,12	00:01:15,51
700	00:08:35,36	00:01:15,24
800	00:09:50,89	00:01:15,53
900	00:11:06,00	00:01:15,11
1000	00:12:21,59	00:01:15,59
1100	00:13:37,56	00:01:15,97
1200	00:14:53,16	00:01:15,60
1300	00:16:08,94	00:01:15,78
1400	00:17:25,30	00:01:16,36
1500	00:18:41,37	00:01:16,07
1600	00:19:57,85	00:01:16,48
1700	00:21:14,18	00:01:16,33
1800	00:22:30,58	00:01:16,40
1900	00:23:47,54	00:01:16,96
2000	00:25:04,08	00:01:16,54
2100	00:26:20,55	00:01:16,47
2200	00:27:36,48	00:01:15,93
2300	00:28:53,15	00:01:16,67
2400	00:30:09,94	00:01:16,79
2500	00:31:27,22	00:01:17,28
2600	00:32:43,82	00:01:16,60
2700	00:34:00,73	00:01:16,91
2800	00:35:17,50	00:01:16,77
2900	00:36:34,65	00:01:17,15
3000	00:37:52,12	00:01:17,47
3100	00:39:09,25	00:01:17,13
3200	00:40:25,59	00:01:16,34
3300	00:41:42,15	00:01:16,56
3400	00:42:58,81	00:01:16,66
3500	00:44:14,52	00:01:15,71
3600	00:45:30,98	00:01:16,46
3700	00:46:47,16	00:01:16,18
3800	00:48:04,54	00:01:17,38
3900	00:49:21,79	00:01:17,25
4000	00:50:39,24	00:01:17,45
4100	00:51:54,60	00:01:15,36
4200	00:53:10,28	00:01:15,68
4300	00:54:25,97	00:01:15,69
4400	00:55:40,94	00:01:14,97
4500	00:56:55,80	00:01:14,86
4600	00:58:10,95	00:01:15,15
4700	00:59:26,52	00:01:15,57
4800	01:00:41,97	00:01:15,45
4900	01:01:56,28	00:01:14,31
5000	01:03:09,63	00:01:13,35
	Moyenne	00:01:15,79

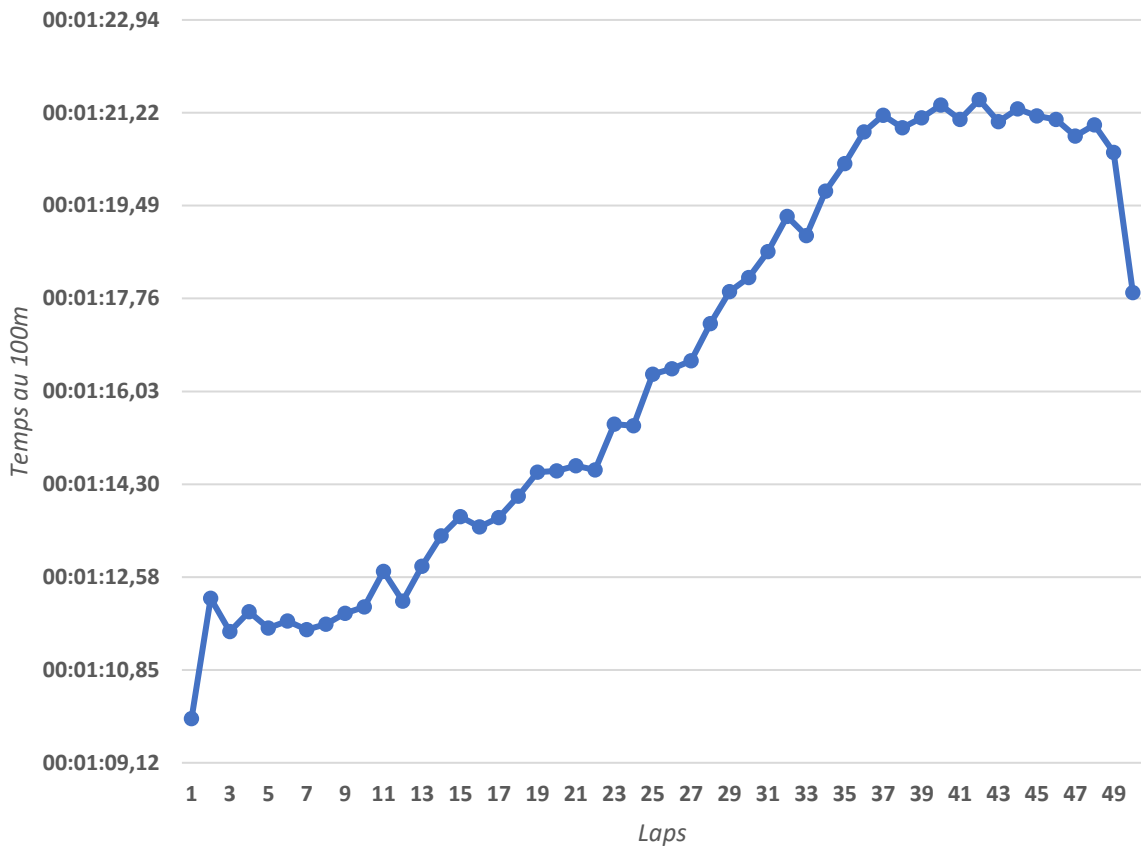
Ilona Maille 5km



Léo Ouabdesslam Test 5 km

100	00:01:09,94	00:01:09,94
200	00:02:22,12	00:01:12,18
300	00:03:33,68	00:01:11,56
400	00:04:45,61	00:01:11,93
500	00:05:57,24	00:01:11,63
600	00:07:09,00	00:01:11,76
700	00:08:20,60	00:01:11,60
800	00:09:32,30	00:01:11,70
900	00:10:44,20	00:01:11,90
1000	00:11:56,22	00:01:12,02
1100	00:13:08,90	00:01:12,68
1200	00:14:21,03	00:01:12,13
1300	00:15:33,81	00:01:12,78
1400	00:16:47,15	00:01:13,34
1500	00:18:00,85	00:01:13,70
1600	00:19:14,36	00:01:13,51
1700	00:20:28,04	00:01:13,68
1800	00:21:42,12	00:01:14,08
1900	00:22:56,65	00:01:14,53
2000	00:24:11,20	00:01:14,55
2100	00:25:25,85	00:01:14,65
2200	00:26:40,42	00:01:14,57
2300	00:27:55,84	00:01:15,42
2400	00:29:11,23	00:01:15,39
2500	00:30:27,58	00:01:16,35
2600	00:31:44,03	00:01:16,45
2700	00:33:00,63	00:01:16,60
2800	00:34:17,92	00:01:17,29
2900	00:35:35,81	00:01:17,89
3000	00:36:53,96	00:01:18,15
3100	00:38:12,59	00:01:18,63
3200	00:39:31,88	00:01:19,29
3300	00:40:50,81	00:01:18,93
3400	00:42:10,57	00:01:19,76
3500	00:43:30,84	00:01:20,27
3600	00:44:51,70	00:01:20,86
3700	00:46:12,87	00:01:21,17
3800	00:47:33,81	00:01:20,94
3900	00:48:54,93	00:01:21,12
4000	00:50:16,29	00:01:21,36
4100	00:51:37,38	00:01:21,09
4200	00:52:58,84	00:01:21,46
4300	00:54:19,89	00:01:21,05
4400	00:55:41,18	00:01:21,29
4500	00:57:02,34	00:01:21,16
4600	00:58:23,43	00:01:21,09
4700	00:59:44,21	00:01:20,78
4800	01:01:05,20	00:01:20,99
4900	01:02:25,68	00:01:20,48
5000	01:03:43,55	00:01:17,87
	Moyenne	00:01:16,47

Léo Ouabdesslam 5km



Clément Kukla Test 5 km

100	00:01:08,34	00:01:08,34
200	00:02:17,92	00:01:09,58
300	00:03:27,57	00:01:09,65
400	00:04:37,09	00:01:09,52
500	00:05:46,54	00:01:09,45
600	00:06:55,90	00:01:09,36
700	00:08:05,56	00:01:09,66
800	00:09:15,48	00:01:09,92
900	00:10:25,36	00:01:09,88
1000	00:11:35,98	00:01:10,62
1100	00:12:46,69	00:01:10,71
1200	00:13:57,14	00:01:10,45
1300	00:15:08,13	00:01:10,99
1400	00:16:18,81	00:01:10,68
1500	00:17:29,69	00:01:10,88
1600	00:18:39,42	00:01:09,73
1700	00:19:49,81	00:01:10,39
1800	00:21:00,08	00:01:10,27
1900	00:22:10,42	00:01:10,34
2000	00:23:21,06	00:01:10,64
2100	00:24:31,14	00:01:10,08
2200	00:25:41,59	00:01:10,45
2300	00:26:51,73	00:01:10,14
2400	00:28:02,75	00:01:11,02
2500	00:29:13,93	00:01:11,18
2600	00:30:25,56	00:01:11,63
2700	00:31:36,93	00:01:11,37
2800	00:32:48,78	00:01:11,85
2900	00:34:00,46	00:01:11,68
3000	00:35:12,87	00:01:12,41
3100	00:36:24,34	00:01:11,47
3200	00:37:36,44	00:01:12,10
3300	00:38:48,52	00:01:12,08
3400	00:40:00,61	00:01:12,09
3500	00:41:12,41	00:01:11,80
3600	00:42:25,04	00:01:12,63
3700	00:43:37,87	00:01:12,83
3800	00:44:51,08	00:01:13,21
3900	00:46:04,63	00:01:13,55
4000	00:47:18,07	00:01:13,44
4100	00:48:30,70	00:01:12,63
4200	00:49:43,85	00:01:13,15
4300	00:50:57,46	00:01:13,61
4400	00:52:10,60	00:01:13,14
4500	00:53:24,40	00:01:13,80
4600	00:54:38,16	00:01:13,76
4700	00:55:52,26	00:01:14,10
4800	00:57:06,49	00:01:14,23
4900	00:58:20,37	00:01:13,88
5000	00:59:30,29	00:01:09,92
	Moyenne	00:01:11,41

Clément Kukla 5km

