|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **FICHE COLLECTIVE DE RECUEIL DES RESULTATS** | | | | | | |
| **GROUPE : SANTORUN**  **DATE DE L’EPREUVE : Mercredi 25 Janvier 2023** | | | | | | |
| **RUNNING** | **AGE** | **SEXE** | **NAVETTE**  **(palier)** | **VO2 max** | **VAMEVAL (palier)** | **VMA**  **(km/h)** |
| Matthieu LAPLAGNE |  | M |  |  | 17/45 | 16,900 |
| RAPH. |  | M |  |  | 16/45 | 16,400 |
| Patrice ANSELME |  | M |  |  | 16/15 | 16,100 |
| Bruno PREAU |  | M |  |  | 16/00 | 16,000 |
| Léa COVIGNY |  | F |  |  | 14/45 | 15,400 |
| Elodie NEANT |  | F |  |  | 14/30 | 15,300 |
| Alix AUMARD |  | M |  |  | 14/15 | 15,100 |
| Olivier CANNIC |  | M |  |  | 14/15 | 15,100 |
| Jérôme MAZOIN |  | M |  |  | 14/15 | 15,100 |
| Thomas DUBROCA |  | M |  |  | 12/15 | 14,100 |
| Hervé MORTON |  | M |  |  | 12/00 | 14,000 |
| Angèle |  | F |  |  | 12/00 | 14,000 |
| Paul SOUSSEING |  | M |  |  | 10/15 | 13,100 |
| Cécile MARY |  | F |  |  | 10,00 | 13,000 |
| DORIAN |  | M |  |  | 9/00 | 12,500 |
| Hélène BAUDRY |  | F |  |  | 9/00 | 12,500 |
| Philippe PILLON |  | M |  |  | 8/45 | 12,400 |
| Caroline GARCIA |  | F |  |  | 8/45 | 12,400 |
| MERY MACAIGNE |  | F |  |  | 8/45 | 12,400 |
| Cédric CORNELEAU |  | M |  |  | 8/00 | 12,000 |
| Laurence JOHAN |  | F |  |  | 7/30 | 11,800 |
| Nathalie LUCAZEAU |  | F |  |  | 7/30 | 11,800 |
| CAMILLE |  | F |  |  | 7/30 | 11,800 |
| Frédérique MENESSIER |  | F |  |  | 7/00 | 11,500 |
| Béatrice |  | F |  |  | 4/00 | 10,000 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

**Prénom et Nom : Matthieu L.**

**Test réalisé le : 25/01/2023 Palier 17/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 16,900 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’24’’ | 17,750 |
| 100% | 3’34’’ | 16,900 |
| **95%** | 3’45’’ | 16,090 |
| **90%** | 3’58’’ | 15,210 |
| **85%** | 4’12’’ | 14,370 |
| **80%** | 4’27’’ | 13,520 |
| **75%** | 4’44’’ | 12,680 |
| **70%** | 5’04’’ | 11,830 |
| **65%** | 5’27’’ | 10,990 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 18’’ | 35’’ | 53’’ | 1’11’’ | 1’28’’ | 1’46’’ | 2’22’’ | 2’57’’ |
| **115%** | **-** | 18’’5 | 37’’ | 55’’ | 1’14’’ | 1’32’’ | 1’51’’ | 2’28’’ | 3’05’’ |
| **110%** | **-** | 19’’ | 38’’ | 58’’ | 1’17’’ | 1’37’’ | 1’56’’ | 2’34’’ | 3’13’’ |
| **105%** | 148m | 20’’ | 41’’ | 1’01’’ | 1’21’’ | 1’42’’ | 2’02’’ | 2’43’’ | 3’24’’ |
| **100%** | **141m** | **21’’** | **43’’** | **1’04’’** | **1’25’’’** | **1’47’’** | **2’08’’** | **2’51’’** | **3’34’’** |
| **95%** | - | 22’’ | 45’’ | 1’07’’ | 1’30’’ | 1’53’’ | 2’15’’ | 3’00’’ | 3’45’’ |
| **90%** | - | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’10’’ | 3’58’’ |
| **85%** | - | 25’’ | 50’’ | 1’16’’ | 1’41’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’12’’ |
| **80%** |  | 27’’ | 53’’ | 1’20’’ | 1’47’’ | 2’14’’ | 2’41’’ | 3’34’’ | 4’27’’ |

**Prénom et Nom : RAPH**

**Test réalisé le : 25/01/2023 Palier 16/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 16,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’29’’ | 17,220 |
| **100%** | **3’40’’** | **16,400** |
| **95%** | 3’51’’ | 15,580 |
| **90%** | 4’04’’ | 14,760 |
| **85%** | 4’18’’ | 13,940 |
| **80%** | 4’34’’ | 13,120 |
| **75%** | 4’52’’ | 12,300 |
| **70%** | 5’13’’ | 11,480 |
| **65%** | 5’37’’ | 10,660 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 18’’ | 36’’ | 55’’ | 1’13’’ | 1’31’’ | 1’49’’ | 2’26’’ | 3’02’’ |
| **115%** | **-** | 19’’ | 38’’ | 57’’ | 1’16’’ | 1’35’’ | 1’54’’ | 2’32’’ | 2’11’’ |
| **110%** | **-** | 20’’ | 40’’ | 1’00’’ | 1’20’’ | 1’40’’ | 2’00’’ | 2’40’’ | 3’19’’ |
| **105%** | 144m | 21’’ | 42’’ | 1’02’’ | 1’23’’ | 1’44’’ | 2’05’’ | 2’47’’ | 3’29’’ |
| **100%** | **138m** | **22’’** | **44’’** | **1’06’’** | **1’28’’** | **1’50’’** | **2’12’’** | **2’55’’** | 3’40’’ |
| **95%** | - | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’56’’ | 2’19’’ | 3’05’’ | 3’51’’ |
| **90%** | - | 24’’ | 49’’ | 1’13’’ | 1’37’’ | 2’02’’ | 2’26’’ | 3’15’’ | 4’04’’ |
| **85%** | - | 26’’ | 52’’ | 1’17’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’27’’ | 4’18’’ |
| **80%** |  | 27’’ | 55’’ | 1’22’’ | 1’50’’ | 2’17’’ | 2’45’’ | 3’39’’ | 4’34’’ |

**Prénom et Nom : Patrice A.**

**Test réalisé le : 25/01/2023 Palier 16/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 16,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’33’’ | 16,910 |
| **100%** | **3’44’’** | **16,100** |
| **95%** | 3’55’’ | 15,300 |
| **90%** | 4’08’’ | 14,490 |
| **85%** | 4’23’’ | 13,690 |
| **80%** | 4’39’’ | 12,880 |
| **75%** | 4’58’’ | 12,080 |
| **70%** | 5’19’’ | 11,270 |
| **65%** | 5’44’’ | 10,460 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 18’’5 | 37’’ | 56’’ | 1’14’’ | 1’33’’ | 1’41’’ | 2’29’’ | 3’06’’ |
| **115%** | - | 19’’ | 39’’ | 58’’ | 1’17’’ | 1’37’’ | 1’46’’ | 2’35’’ | 3’14’’ |
| **110%** | - | 20’’ | 40’’ | 1’01’’ | 1’21’’ | 1’41’’ | 2’02’’ | 2’42’’ | 3’23’’ |
| **105%** | 141m | 21’’5 | 43’’ | 1’04’’ | 1’25’’ | 1’46’’ | 2’08’’ | 2’50’’ | 3’33’’ |
| **100%** | **134m** | **22’5** | **45’’** | **1’07’’** | **1’29’’** | **1’52’’** | **2’15’’** | **3’** | **3’44’’** |
| **95%** | - | 24’’ | 48’’ | 1’11’’ | 1’34’’ | 1’58’’ | 2’20’’ | 3’08’’ | 3’55’’ |
| **90%** | - | 25’’ | 50’’ | 1’14’’ | 1’40’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’08’’ |
| **85%** | - | 26’’ | 52’’ | 1’19’’ | 1’45’’ | 2’11’’ | 2’38’’ | 3’30’’ | 4’23’’ |
| **80%** | - | 28’’ | 56’’ | 1’24’’ | 1’51’’ | 2’20’’ | 2’47’’ | 3’43’’ | 4’39’’ |

**Prénom et Nom : Bruno P.**

**Test réalisé le : 25/01/2023 Palier 16/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 16,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’34’’ | 16,800 |
| **100%** | **3’45’’** | **16,000** |
| **95%** | 3’57’’ | 15,200 |
| **90%** | 4’10’’ | 14,400 |
| **85%** | 4’25’’ | 13,600 |
| **80%** | 4’41’’ | 12,800 |
| **75%** | 5’00’’ | 12,000 |
| **70%** | 5’21’’ | 11,200 |
| **65%** | 5’46’’ | 10,400 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 18’’5 | 37’’ | 56’’ | 1’15’’ | 1’33’’ | 1’52’’ | 2’30’’ | 3’07’’ |
| **115%** | - | 19’’5 | 39’’ | 58’’ | 1’18’’ | 1’37’’ | 1’57’’ | 2’36’’ | 3’15’’ |
| **110%** | 150m | 20’’ | 40’’ | 1’01’’ | 1’21’’ | 1’42’’ | 2’02’’ | 2’43’’ | 3’24’’ |
| **105%** | 140m | 21’5 | 43’’ | 1’04’’ | 1’25’’ | 1’47’’ | 2’08’’ | 2’51’’ | 3’34’’ |
| **100%** | **133m** | **22’5** | **45’’** | **1’07’’** | **1’30’’** | **1’52’’** | **2’15’’** | **3’** | **3’45’’** |
| **95%** | - | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’10’’ | 3’57’’ |
| **90%** | - | 25’’ | 50’’ | 1’15’’ | 1’41’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’10’’ |
| **85%** | - | 26’’ | 53’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **80%** | - | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’20’’ | 2’48’’ | 3’45’’ | 4’41’’ |

**Prénom et Nom : LEA C.**

**Test réalisé le : 25/01/2023 Palier 14/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 15,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’43’’ | 16,170 |
| **100%** | **3’54’’** | **15,400** |
| **95%** | 4’06’’ | 14,630 |
| **90%** | 4’20’’ | 13,860 |
| **85%** | 4’35’’ | 13,090 |
| **80%** | 4’52’’ | 12,320 |
| **75%** | 5’12’’ | 11,550 |
| **70%** | 5’34’’ | 10,780 |
| **65%** | 5’57’’ | 10,010 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 19’’ | 39’’ | 58’’ | 1’18’’ | 1’37’’ | 1’57’’ | 2’36’’ | 3’15’’ |
| **115%** | - | 20’’ | 40’’ | 1’01’’ | 1’21’’ | 1’41’’ | 2’02’’ | 2’42’’ | 3’23’’ |
| **110%** | 142m | 21’’ | 42’’ | 1’03’’ | 1’25’’ | 1’46’’ | 2’07’’ | 2’50’’ | 3’32’’ |
| **105%** | 135m | 22’’5 | 45’’ | 1’07’’ | 1’30’’ | 1’41’’ | 2’14’’ | 2’58’’ | 3’43’’ |
| **100%** | **128m** | **23’’5** | **47’’** | **1’10’’** | **1’33’’** | **1’57’’** | **2’20’’** | **3’07’’** | **3’54’’** |
| **95%** | - | 25’’ | 49’’ | 1’14’’ | 1’38’’ | 2’03’’ | 2’28’’ | 3’17’’ | 4’06’’ |
| **90%** | - | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’20’’ |
| **85%** | - | 27’’5 | 55’’ | 1’22’’ | 1’50’’ | 2’17’’ | 2’45’’ | 3’40’’ | 4’35’’ |
| **80%** | - | 29’’ | 58’’ | 1’27’’ | 1’57’’ | 2’26’’ | 2’55’’ | 3’53’’ | 4’52’’ |

**Prénom et Nom : Elodie N.**

**Test réalisé le : 25/01/2023 Palier 14/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 15,300 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’44’’ | 16,070 |
| **100%** | **3’55’’** | **15,300** |
| **95%** | 4’07’’ | 15,450 |
| **90%** | 4’21’’ | 13,770 |
| **85%** | 4’36’’ | 13,010 |
| **80%** | 4’54’’ | 12,240 |
| **75%** | 5’13’’ | 11,480 |
| **70%** | 5’36’’ | 10,710 |
| **65%** | 6’01’’ | 9,950 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 20’’ | 39’’ | 59’’ | 1’18’’ | 1’38’’ | 1’57’’ | 2’37’’ | 3’16’’ |
| **115%** | - | 20’’5 | 41’’ | 1’01’’ | 1’21’’ | 1’42’’ | 2’02’’ | 2’43’’ | 3’24’’ |
| **110%** | - | 21’’5 | 43’’ | 1’04’’ | 1’25’’ | 1’47’’ | 2’08’’ | 2’51’’ | 3’34’’ |
| **105%** | 134m | 22’’ | 45’’ | 1’07’’ | 1’29’’ | 1’52’’ | 2’14’’ | 2’59’’ | 3’44’’ |
| **100%** | **128m** | **23’’** | **47’’** | **1’11’’** | **1’34’’** | **1’58’’** | **2’21’’** | **3’08’’** | 3’55’’ |
| **95%** | - | 25’’ | 49’’ | 1’14’’ | 1’39’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’07’’ |
| **90%** | - | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’37’’ | 3’29’’ | 4’21’’ |
| **85%** | - | 27’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’36’’ |
| **80%** |  | 29’’ | 59’’ | 1’28’’ | 1’57’’ | 2’27’’ | 2’56’’ | 3’55’’ | 4’54’’ |

**Prénom et Nom : Alix A.**

**Test réalisé le : 25/01/2023 Palier 14/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 15,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’47’’ | 15,580 |
| **100%** | **3’58’’** | **15,100** |
| **95%** | 4’10’’ | 14,350 |
| **90%** | 4’24’’ | 13,590 |
| **85%** | 4’40’’ | 12,840 |
| **80%** | 4’58’’ | 12,080 |
| **75%** | 5’17’’ | 11,330 |
| **70%** | 5’40’’ | 10,570 |
| **65%** | 6’06’’ | 9,820 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’ | 40’’ | 59’’ | 1’19’’ | 1’39’’ | 1’59’’ | 2’39’’ | 3’18’’ |
| **115%** | **-** | 20’’5 | 41’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’46’’ | 3’27’’ |
| **110%** | **-** | 21’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 3’53’’ | 3’36’’ |
| **105%** | 132m | 22’’ | 45’’ | 1’08’’ | 1’30’’ | 1’53’’ | 2’16’’ | 3’01’’ | 3’47’’ |
| **100%** | **126m** | **24’’** | **48’’** | **1’12’’** | **1’35’’** | **1’59’’** | **2’23’’** | **3’10’’** | **3’58’’** |
| **95%** | - | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’21’’ | 4’10’’ |
| **90%** | - | 26’’ | 52’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’24’’ |
| **85%** | - | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’20’’ | 2’48’’ | 3’44’’ | 4’40’’ |
| **80%** |  | 30’’ | 59’’ | 1’29’’ | 1’59’’ | 2’29’’ | 2’59’’ | 3’58’’ | 4’58’’ |

**Prénom et Nom : Olivier C.**

**Test réalisé le : 25/01/2023 Palier 14/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 15,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’47’’ | 15,580 |
| **100%** | **3’58’’** | **15,100** |
| **95%** | 4’10’’ | 14,350 |
| **90%** | 4’24’’ | 13,590 |
| **85%** | 4’40’’ | 12,840 |
| **80%** | 4’58’’ | 12,080 |
| **75%** | 5’17’’ | 11,330 |
| **70%** | 5’40’’ | 10,570 |
| **65%** | 6’06’’ | 9,820 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’ | 40’’ | 59’’ | 1’19’’ | 1’39’’ | 1’59’’ | 2’39’’ | 3’18’’ |
| **115%** | **-** | 20’’5 | 41’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’46’’ | 3’27’’ |
| **110%** | **-** | 21’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 3’53’’ | 3’36’’ |
| **105%** | 132m | 22’’ | 45’’ | 1’08’’ | 1’30’’ | 1’53’’ | 2’16’’ | 3’01’’ | 3’47’’ |
| **100%** | **126m** | **24’’** | **48’’** | **1’12’’** | **1’35’’** | **1’59’’** | **2’23’’** | **3’10’’** | **3’58’’** |
| **95%** | - | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’21’’ | 4’10’’ |
| **90%** | - | 26’’ | 52’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’24’’ |
| **85%** | - | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’20’’ | 2’48’’ | 3’44’’ | 4’40’’ |
| **80%** |  | 30’’ | 59’’ | 1’29’’ | 1’59’’ | 2’29’’ | 2’59’’ | 3’58’’ | 4’58’’ |

**Prénom et Nom : Jérôme M.**

**Test réalisé le : 25/01/2023 Palier 14/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 15,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’47’’ | 15,580 |
| **100%** | **3’58’’** | **15,100** |
| **95%** | 4’10’’ | 14,350 |
| **90%** | 4’24’’ | 13,590 |
| **85%** | 4’40’’ | 12,840 |
| **80%** | 4’58’’ | 12,080 |
| **75%** | 5’17’’ | 11,330 |
| **70%** | 5’40’’ | 10,570 |
| **65%** | 6’06’’ | 9,820 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’ | 40’’ | 59’’ | 1’19’’ | 1’39’’ | 1’59’’ | 2’39’’ | 3’18’’ |
| **115%** | **-** | 20’’5 | 41’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’46’’ | 3’27’’ |
| **110%** | **-** | 21’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 3’53’’ | 3’36’’ |
| **105%** | 132m | 22’’ | 45’’ | 1’08’’ | 1’30’’ | 1’53’’ | 2’16’’ | 3’01’’ | 3’47’’ |
| **100%** | **126m** | **24’’** | **48’’** | **1’12’’** | **1’35’’** | **1’59’’** | **2’23’’** | **3’10’’** | **3’58’’** |
| **95%** | - | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’21’’ | 4’10’’ |
| **90%** | - | 26’’ | 52’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’24’’ |
| **85%** | - | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’20’’ | 2’48’’ | 3’44’’ | 4’40’’ |
| **80%** |  | 30’’ | 59’’ | 1’29’’ | 1’59’’ | 2’29’’ | 2’59’’ | 3’58’’ | 4’58’’ |

**Prénom et Nom : Thomas D.**

**Test réalisé le : 25/01/2023 Palier 12/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 14,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| 4’03’’ | 14,810 | 4’03’’ |
| **4’15’’** | **14,100** | **4’15’’** |
| 4’29’’ | 13,400 | 4’29’’ |
| 4’44’’ | 12,690 | 4’44’’ |
| 5’00’’ | 11,990 | 5’00’’ |
| 5’19’’ | 11,280 | 5’19’’ |
| 5’40’’ | 10,580 | 5’40’’ |
| 6’04’’ | 9,870 | 6’04’’ |
| 6’32’’ | 9,170 | 6’32’’ |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 21’’ | 42’’ | 1’04’’ | 1’25’’ | 1’46’’ | 2’07’’ | 2’50’’ | 3’33’’ |
| **115%** | **-** | 22’’ | 44’’ | 1’07’’ | 1’29’’ | 1’51’’ | 2’13’’ | 2’58’’ | 3’42’’ |
| **110%** | **-** | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’56’’ | 2’18’’ | 3’04’’ | 3’52’’ |
| **105%** | 123m | 24’’5 | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’26’’ | 3’14’’ | 4’03’’ |
| **100%** | **117m** | **25’’5** | **51’’** | **1’17’’** | **1’42’’** | **2’08’’** | **2’34’’** | **3’24’’** | **4’15’’** |
| **95%** | - | 26’’5 | 53’’ | 1’20’’ | 1’47’’ | 2’14’’ | 2’41’’ | 3’35’’ | 4’29’’ |
| **90%** | - | 28’’ | 57’’ | 1’25’’ | 1’53’’ | 2’22’’ | 2’50’’ | 3’47’’ | 4’44’’ |
| **85%** | - | 30’’ | 1’ | 1’30’’ | 2’ | 2’30’’ | 3’ | 4’ | 5’ |
| **80%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’39’’ | 3’11’’ | 4’15’’ | 5’19’’ |

**Prénom et Nom : Hervé M.**

**Test réalisé le : 25/01/2023 Palier 12/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 14,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’05’’ | 14,700 |
| **100%** | **4’17’’** | **14,000** |
| **95%** | 4’31’’ | 13,300 |
| **90%** | 4’46’’ | 12,600 |
| **85%** | 5’03’’ | 11,900 |
| **80%** | 5’21’’ | 11,200 |
| **75%** | 5’43’’ | 10,500 |
| **70%** | 6’07’’ | 9,800 |
| **65%** | 6’35’’ | 9,100 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 21’’ | 43’’ | 1’04’’ | 1’25’’ | 1’47’’ | 2’08’’ | 2’51’’ | 3’34’’ |
| **115%** | **-** | 22’’ | 44’’ | 1’07’’ | 1’29’’ | 1’52’’ | 2’14’’ | 2’58’’ | 3’43’’ |
| **110%** | **-** | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’57’’ | 2’20’’ | 3’07’’ | 3’53’’ |
| **105%** | 122m | 24’’5 | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’26’’ | 3’16’’ | 4’05’’ |
| **100%** | **117m** | **25’’5** | **51’’** | **1’17’’** | **1’43’’** | **2’08’’** | **2’34’’** | **3’26’’** | **4’17’’** |
| **95%** | - | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |
| **90%** | - | 29’’ | 57’’ | 1’26’’ | 1’54’’ | 2’23’’ | 2’51’’ | 3’49’’ | 4’46’’ |
| **85%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **80%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’07’’ | 4’17’’ | 5’21’’ |

**Prénom et Nom : ANGELE.**

**Test réalisé le : 25/01/2023 Palier 12/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 14,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’05’’ | 14,700 |
| **100%** | **4’17’’** | **14,000** |
| **95%** | 4’31’’ | 13,300 |
| **90%** | 4’46’’ | 12,600 |
| **85%** | 5’03’’ | 11,900 |
| **80%** | 5’21’’ | 11,200 |
| **75%** | 5’43’’ | 10,500 |
| **70%** | 6’07’’ | 9,800 |
| **65%** | 6’35’’ | 9,100 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 21’’ | 43’’ | 1’04’’ | 1’25’’ | 1’47’’ | 2’08’’ | 2’51’’ | 3’34’’ |
| **115%** | **-** | 22’’ | 44’’ | 1’07’’ | 1’29’’ | 1’52’’ | 2’14’’ | 2’58’’ | 3’43’’ |
| **110%** | **-** | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’57’’ | 2’20’’ | 3’07’’ | 3’53’’ |
| **105%** | 122m | 24’’5 | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’26’’ | 3’16’’ | 4’05’’ |
| **100%** | **117m** | **25’’5** | **51’’** | **1’17’’** | **1’43’’** | **2’08’’** | **2’34’’** | **3’26’’** | **4’17’’** |
| **95%** | - | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |
| **90%** | - | 29’’ | 57’’ | 1’26’’ | 1’54’’ | 2’23’’ | 2’51’’ | 3’49’’ | 4’46’’ |
| **85%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **80%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’07’’ | 4’17’’ | 5’21’’ |

**Prénom et Nom : Paul S.**

**Test réalisé le : 25/01/2023 Palier 10/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 13,100 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’21’’ | 13,760 |
| **100%** | 4’34’’ | 13,100 |
| **95%** | 4’49’’ | 12,450 |
| **90%** | 5’05’’ | 11,790 |
| **85%** | 5’23’’ | 11,140 |
| **80%** | 5’43’’ | 10,480 |
| **75%** | 6’06’’ | 9,830 |
| **70%** | 6’32’’ | 9,170 |
| **65%** | 7’03’’ | 8,510 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’55’’ | 2’17’’ | 3’03’’ | 3’49’’ |
| **115%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’10’’ | 3’58’’ |
| **110%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’20’’ | 4’09’’ |
| **105%** | 116m | 26’’ | 53’’ | 1’19’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’21’’ |
| **100%** | **109m** | **27’’** | **55’’** | **1’23’’** | **1’50’’** | **2’18’’** | **2’45’’** | **3’40’’** | **4’36’’** |
| **95%** | - | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’24’’ | 2’53’’ | 3’51’’ | 4’49’’ |
| **90%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’02’’ | 2’32’’ | 3’03’’ | 4’04’’ | 5’05’’ |
| **85%** | - | 32’’ | 1’04’ | 1’37’’ | 2’09’’ | 2’41’’ | 3’14’’ | 4’18’’ | 5’23’’ |
| **80%** | - | 34’’ | 1’08’’ | 1’43’’ | 2’17’’ | 2’51’’ | 3’26’’ | 4’34’’ | 5’43’’ |

**Prénom et Nom : Cécile M.**

**Test réalisé le : 25/01/2023 Palier 10/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 13,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’23’’ | 13,650 |
| **100%** | **4’36’’** | **13,000** |
| **95%** | 4’51’’ | 12,350 |
| **90%** | 5’07’’ | 11,700 |
| **85%** | 5’25’’ | 11,050 |
| **80%** | 5’46’’ | 10,400 |
| **75%** | 6’09’’ | 9,750 |
| **70%** | 6’35’’ | 9,100 |
| **65%** | 7’06’’ | 8,450 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’55’’ | 2’18’’ | 3’04’’ | 3’51’’ |
| **115%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’ | 2’24’’ | 3’13’’ | 4’01’’ |
| **110%** | **-** | 25’’ | 50’’ | 1’16’’ | 1’41’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’11’’ |
| **105%** | 116m | 26’’ | 53’’ | 1’19’’ | 1’45’’ | 2’12’’ | 2’38’’ | 3’31’’ | 4’23’’ |
| **100%** | **109m** | **27’’5** | **55’’** | **1’23’’** | **1’50’’** | **2’18’’** | **2’46’’** | **3’40’’** | **4’36’’** |
| **95%** | - | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’55’’ | 3’53’’ | 4’51’’ |
| **90%** | - | 31’’ | 1’01’’ | 1’32’’ | 2’03’’ | 2’33’’ | 3’04’’ | 4’06’’ | 5’07’’ |
| **85%** | - | 32’’ | 1’05’’ | 1’37’’ | 2’10’’ | 2’42’’ | 3’15’’ | 4’20’’ | 5’25’’ |
| **80%** | - | 35’’ | 1’10’’ | 1’44’’ | 2’18’’ | 2’53’’ | 3’28’’ | 4’37’’ | 5’46’’ |

**Prénom et Nom : DORIAN**

**Test réalisé le : 25/01/2023 Palier 9/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,500 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’34’’ | 13,130 |
| **100%** | 4’48’’ | 12,500 |
| **95%** | 5’03’’ | 11,880 |
| **90%** | 5’20’’ | 11,250 |
| **85%** | 5’38’’ | 10,630 |
| **80%** | 6’00’’ | 10,000 |
| **75%** | 6’24’’ | 9,380 |
| **70%** | 6’51’’ | 8,750 |
| **65%** | 7’23’’ | 8,125 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’ | 2’24’’ | 3’12’’ | 4’00 |
| **115%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’20’’ | 4’10’’ |
| **110%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’11’’ | 2’37’’ | 3’29’’ | 4’21’’ |
| **105%** | 111m | 27’’ | 55’’ | 1’22’’ | 1’49’’ | 2’17’’ | 2’44’’ | 3’39’’ | 4’34’’ |
| **100%** | **104m** | **29’’** | **58’’** | **1’26’’** | **1’55’’** | **2’24’’** | **2’53’’** | **3’50’** | **4’48’’** |
| **95%** | - | 30’’ | 1’00’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **90%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’12’’ | 4’16’’ | 5’20’’ |
| **85%** | - | 34’’ | 1’08’’ | 1’41’’ | 2’15’’ | 2’49’’ | 3’23’’ | 4’30’’ | 5’38’’ |
| **80%** |  | 36’’ | 1’12’’ | 1’48’’ | 2’24’’ | 3’00’’ | 3’36’’ | 4’48’’ | 6’00’’ |

**Prénom et Nom : Hélène B.**

**Test réalisé le : 25/01/2023 Palier 9/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,500 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’34’’ | 13,130 |
| **100%** | 4’48’’ | 12,500 |
| **95%** | 5’03’’ | 11,880 |
| **90%** | 5’20’’ | 11,250 |
| **85%** | 5’38’’ | 10,630 |
| **80%** | 6’00’’ | 10,000 |
| **75%** | 6’24’’ | 9,380 |
| **70%** | 6’51’’ | 8,750 |
| **65%** | 7’23’’ | 8,125 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’ | 2’24’’ | 3’12’’ | 4’00 |
| **115%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 3’20’’ | 4’10’’ |
| **110%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’11’’ | 2’37’’ | 3’29’’ | 4’21’’ |
| **105%** | 111m | 27’’ | 55’’ | 1’22’’ | 1’49’’ | 2’17’’ | 2’44’’ | 3’39’’ | 4’34’’ |
| **100%** | **104m** | **29’’** | **58’’** | **1’26’’** | **1’55’’** | **2’24’’** | **2’53’’** | **3’50’** | **4’48’’** |
| **95%** | - | 30’’ | 1’00’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **90%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’12’’ | 4’16’’ | 5’20’’ |
| **85%** | - | 34’’ | 1’08’’ | 1’41’’ | 2’15’’ | 2’49’’ | 3’23’’ | 4’30’’ | 5’38’’ |
| **80%** |  | 36’’ | 1’12’’ | 1’48’’ | 2’24’’ | 3’00’’ | 3’36’’ | 4’48’’ | 6’00’’ |

**Prénom et Nom : Philippe P.**

**Test réalisé le : 25/01/2023 Palier 8/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4,36’’ | 13,020 |
| **100%** | **4’50’’** | **12,400** |
| **95%** | 5’05’’ | 11,780 |
| **90%** | 5’22’’ | 11,160 |
| **85%** | 5’41’’ | 10,540 |
| **80%** | 6’02’’ | 9,920 |
| **75%** | 6’27’’ | 9,300 |
| **70%** | 6’54’’ | 8,680 |
| **65%** | 7’27’’ | 7,995 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’00 | 2’24’’ | 3’12’’ | 4’01’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’12’’ |
| **110%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’45’’ | 2’12’’ | 2’38’’ | 3’31’’ | 4’24’’ |
| **105%** | 110 m | 28’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’45’’ | 3’40’’ | 4’36’’ |
| **100%** | **103m** | **29’’** | **58’’** | **1’27’’** | **1’56’’** | **2’25’’** | **2’54’’** | **2’52’’** | **4’50’’** |
| **95%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’02’’ | 2’32’’ | 3’03’’ | 4’04’’ | 5’05’’ |
| **90%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’41’’ | 3’13’’ | 4’17’’ | 5’22’’ |
| **85%** | - | 34’’ | 1’08’’ | 1’42’’ | 2’16’’ | 2’50’’ | 3’24’’ | 4’32’’ | 5’41’’ |
| **80%** | - | 36’’ | 1’12’’ | 1’48’’ | 2’25’’ | 3’01’’ | 3’37’’ | 4’50’’ | 6’02’’ |

**Prénom et Nom : Caroline G.**

**Test réalisé le : 25/01/2023 Palier 8/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4,36’’ | 13,020 |
| **100%** | **4’50’’** | **12,400** |
| **95%** | 5’05’’ | 11,780 |
| **90%** | 5’22’’ | 11,160 |
| **85%** | 5’41’’ | 10,540 |
| **80%** | 6’02’’ | 9,920 |
| **75%** | 6’27’’ | 9,300 |
| **70%** | 6’54’’ | 8,680 |
| **65%** | 7’27’’ | 7,995 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’00 | 2’24’’ | 3’12’’ | 4’01’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’12’’ |
| **110%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’45’’ | 2’12’’ | 2’38’’ | 3’31’’ | 4’24’’ |
| **105%** | 110 m | 28’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’45’’ | 3’40’’ | 4’36’’ |
| **100%** | **103m** | **29’’** | **58’’** | **1’27’’** | **1’56’’** | **2’25’’** | **2’54’’** | **2’52’’** | **4’50’’** |
| **95%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’02’’ | 2’32’’ | 3’03’’ | 4’04’’ | 5’05’’ |
| **90%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’41’’ | 3’13’’ | 4’17’’ | 5’22’’ |
| **85%** | - | 34’’ | 1’08’’ | 1’42’’ | 2’16’’ | 2’50’’ | 3’24’’ | 4’32’’ | 5’41’’ |
| **80%** | - | 36’’ | 1’12’’ | 1’48’’ | 2’25’’ | 3’01’’ | 3’37’’ | 4’50’’ | 6’02’’ |

**Prénom et Nom : Mery M.**

**Test réalisé le : 25/01/2023 Palier 8/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4,36’’ | 13,020 |
| **100%** | **4’50’’** | **12,400** |
| **95%** | 5’05’’ | 11,780 |
| **90%** | 5’22’’ | 11,160 |
| **85%** | 5’41’’ | 10,540 |
| **80%** | 6’02’’ | 9,920 |
| **75%** | 6’27’’ | 9,300 |
| **70%** | 6’54’’ | 8,680 |
| **65%** | 7’27’’ | 7,995 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’00 | 2’24’’ | 3’12’’ | 4’01’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’12’’ |
| **110%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’45’’ | 2’12’’ | 2’38’’ | 3’31’’ | 4’24’’ |
| **105%** | 110 m | 28’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’45’’ | 3’40’’ | 4’36’’ |
| **100%** | **103m** | **29’’** | **58’’** | **1’27’’** | **1’56’’** | **2’25’’** | **2’54’’** | **2’52’’** | **4’50’’** |
| **95%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’02’’ | 2’32’’ | 3’03’’ | 4’04’’ | 5’05’’ |
| **90%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’41’’ | 3’13’’ | 4’17’’ | 5’22’’ |
| **85%** | - | 34’’ | 1’08’’ | 1’42’’ | 2’16’’ | 2’50’’ | 3’24’’ | 4’32’’ | 5’41’’ |
| **80%** | - | 36’’ | 1’12’’ | 1’48’’ | 2’25’’ | 3’01’’ | 3’37’’ | 4’50’’ | 6’02’’ |

**Prénom et Nom : Cédric C.**

**Test réalisé le : 25/01/2023 Palier 8/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’45’’ | 12,600 |
| **100%** | **5’00’’** | **12,000** |
| **95%** | 5’15’’ | 11,400 |
| **90%** | 5’33’’ | 10,800 |
| **85%** | 5’52’’ | 10,200 |
| **80%** | 6’15’’ | 9,600 |
| **75%** | 6’40’’ | 9,000 |
| **70%** | 7’08’’ | 8,400 |
| **65%** | 7’41’’ | 7,800 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 25’’ | 50’’ | 1’15’’ | 1’40’’ | 2’05’’ | 2’30’’ | 2’55’’ | 4’10’’ |
| **115%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’21’’ |
| **110%** | **-** | 27’’ | 54’’ | 1’22’’ | 1’49’’ | 2’16’’ | 2’44’’ | 3’38’’ | 4’32’’ |
| **105%** | 106m | 28’’ | 57’’ | 1’25’’ | 1’54’’ | 2’23’’ | 2’51’’ | 3’48’ | 4’45’’ |
| **100%** | **99m** | **30’’** | **1’** | **1’30’’** | **2’** | **2’30’’** | **3’** | **4’** | **5’** |
| **95%** | - | 31’’ | 1’03’’ | 1’34’’ | 2’06’’ | 2’37’’ | 3’09’’ | 4’12’’ | 5’15’’ |
| **90%** | - | 33’’ | 1’07’’ | 1’40’ | 2’13’’ | 2’46’’ | 3’20’’ | 4’26’’ | 5’33’’ |
| **85%** | - | 35’’ | 1’10’’ | 1’46’’ | 2’21’’ | 2’56’’ | 3’31’’ | 4’42’’ | 5’52’’ |
| **80%** | - | 37’’ | 1’15’’ | 1’52’’ | 2’30’’ | 3’07’’ | 3’45’’ | 5’ | 6’15’’ |

**Prénom et Nom : Laurence J.**

**Test réalisé le : 25/01/2023 Palier 7/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 11,800 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’50’’ | 12,390 |
| **100%** | **5’05’’** | **11,800** |
| **95%** | 5’21’’ | 11,210 |
| **90%** | 5’38’’ | 10,620 |
| **85%** | 5’58’’ | 10,030 |
| **80%** | 6’21’’ | 9,440 |
| **75%** | 6’46’’ | 8,850 |
| **70%** | 7’15’’ | 8,260 |
| **65%** | 7’49’’ | 7,670 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’41’’ | 2’07’’ | 2’32’’ | 3’03’’ | 4’14’’ |
| **115%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **110%** | **-** | 28’’ | 55’’ | 1’23’’ | 1’51’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’37’’ |
| **105%** | 103m | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |
| **100%** | **98m** | **30’’** | **1’01’’** | **1’31’’** | **2’02’’** | **2’32’’** | **3’03’’** | **4’04’’** | **5’05’’** |
| **95%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’13’’ | 4’17’’ | 5’21’’ |
| **90%** | - | 34’’ | 1’07’’ | 1’41’’ | 2’15’’ | 2’49’’ | 3’22’’ | 4’30’’ | 5’38’’ |
| **85%** | - | 36’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’59’’ | 3’34’’ | 4’46’’ | 5’58’’ |
| **80%** | - | 38’’ | 1’16’’ | 1’54’’ | 2’32’’ | 3’10’’ | 3’48’’ | 5’04’’ | 6’21’’ |

**Prénom et Nom : Nathalie L.**

**Test réalisé le : 25/01/2023 Palier 7/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 11,800 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’50’’ | 12,390 |
| **100%** | **5’05’’** | **11,800** |
| **95%** | 5’21’’ | 11,210 |
| **90%** | 5’38’’ | 10,620 |
| **85%** | 5’58’’ | 10,030 |
| **80%** | 6’21’’ | 9,440 |
| **75%** | 6’46’’ | 8,850 |
| **70%** | 7’15’’ | 8,260 |
| **65%** | 7’49’’ | 7,670 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’41’’ | 2’07’’ | 2’32’’ | 3’03’’ | 4’14’’ |
| **115%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **110%** | **-** | 28’’ | 55’’ | 1’23’’ | 1’51’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’37’’ |
| **105%** | 103m | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |
| **100%** | **98m** | **30’’** | **1’01’’** | **1’31’’** | **2’02’’** | **2’32’’** | **3’03’’** | **4’04’’** | **5’05’’** |
| **95%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’13’’ | 4’17’’ | 5’21’’ |
| **90%** | - | 34’’ | 1’07’’ | 1’41’’ | 2’15’’ | 2’49’’ | 3’22’’ | 4’30’’ | 5’38’’ |
| **85%** | - | 36’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’59’’ | 3’34’’ | 4’46’’ | 5’58’’ |
| **80%** | - | 38’’ | 1’16’’ | 1’54’’ | 2’32’’ | 3’10’’ | 3’48’’ | 5’04’’ | 6’21’’ |

**Prénom et Nom : Camille.**

**Test réalisé le : 25/01/2023 Palier 7/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 11,800 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’50’’ | 12,390 |
| **100%** | **5’05’’** | **11,800** |
| **95%** | 5’21’’ | 11,210 |
| **90%** | 5’38’’ | 10,620 |
| **85%** | 5’58’’ | 10,030 |
| **80%** | 6’21’’ | 9,440 |
| **75%** | 6’46’’ | 8,850 |
| **70%** | 7’15’’ | 8,260 |
| **65%** | 7’49’’ | 7,670 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’41’’ | 2’07’’ | 2’32’’ | 3’03’’ | 4’14’’ |
| **115%** | **-** | 26’’ | 53’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **110%** | **-** | 28’’ | 55’’ | 1’23’’ | 1’51’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’37’’ |
| **105%** | 103m | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |
| **100%** | **98m** | **30’’** | **1’01’’** | **1’31’’** | **2’02’’** | **2’32’’** | **3’03’’** | **4’04’’** | **5’05’’** |
| **95%** | - | 32’’ | 1’04’’ | 1’36’’ | 2’08’’ | 2’40’’ | 3’13’’ | 4’17’’ | 5’21’’ |
| **90%** | - | 34’’ | 1’07’’ | 1’41’’ | 2’15’’ | 2’49’’ | 3’22’’ | 4’30’’ | 5’38’’ |
| **85%** | - | 36’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’59’’ | 3’34’’ | 4’46’’ | 5’58’’ |
| **80%** | - | 38’’ | 1’16’’ | 1’54’’ | 2’32’’ | 3’10’’ | 3’48’’ | 5’04’’ | 6’21’’ |

**Prénom et Nom : Frédérique M.**

**Test réalisé le : 25/01/2023 Palier 7/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 11,500 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’58’’ | 12,080 |
| **100%** | **5’13’’** | **11,500** |
| **95%** | 5’29’’ | 10,930 |
| **90%** | 5’47’’ | 10,350 |
| **85%** | 6’08’’ | 9,780 |
| **80%** | 6’31’’ | 9,200 |
| **75%** | 6’57’’ | 8,630 |
| **70%** | 7’27’’ | 8,050 |
| **65%** | 8’01’’ | 7,475 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’21’’ |
| **115%** | **-** | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’16’’ | 2’43’’ | 3’37’’ | 4’32’’ |
| **110%** | **-** | 28’’ | 56’’ | 1’25’’ | 1’53’’ | 2’22’’ | 2’50’’ | 3’47’’ | 4’44’’ |
| **105%** | 102m | 30’’ | 1’00’’ | 1’29’’ | 1’59’’ | 2’29’’ | 2’58’’ | 3’58’’ | 4’58’’ |
| **100%** | **95m** | **31’’** | **1’03’’** | **1’34’’** | **2’05’’** | **2’36’’** | **3’07’’** | **4’10’’** | **5’13’’** |
| **95%** | - | 33’’ | 1’06’’ | 1’39’’ | 2’11’’ | 2’44’’ | 3’17’’ | 4’24’’ | 5’29’’ |
| **90%** | - | 34’’ | 1’09’’ | 1’44’’ | 2’18’’ | 2’53’’ | 3’28’’ | 4’37’’ | 5’47’’ |
| **85%** | - | 36’’ | 1’13’’ | 1’50’’ | 2’27’’ | 3’04’’ | 3’40’’ | 4’54’’ | 6’08’’ |
| **80%** | - | 39’’ | 1’18’’ | 1’57’’ | 2’36’’ | 3’15’’ | 3’54’’ | 5’12’’ | 6’31’’ |

**Prénom et Nom : Béatrice**

**Test réalisé le : 25/01/2023 Palier 4/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 10,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| 5’42’’ | 10,500 | 5’42’’ |
| **6’00’’** | **10,000** | **6’00’’** |
| 6’19’’ | 9,500 | 6’19’’ |
| 6’40’’ | 9,000 | 6’40’’ |
| 7’03’’ | 8,500 | 7’03’’ |
| 7’30’’ | 8,000 | 7’30’’ |
| 8’00’’ | 7,500 | 8’00’’ |
| 8’34’’ | 7,000 | 8’34’’ |
| 9’13’’ | 6,500 | 9’13’’ |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 30’’ | 1’00’’ | 1’30’’ | 2’00’’ | 2’30’’ | 3’00’’ | 4’00’’ | 5’00’’ |
| **115%** | **-** | 31’’ | 1’02’’ | 1’34’’ | 2’05’’ | 2’36’’ | 3’08’’ | 4’10’’ | 5’13’’ |
| **110%** | **-** | 33’’ | 1’06’’ | 1’39’’ | 2’12’’ | 2’45’’ | 3’18’’ | 4’24’’ | 5’30’’ |
| **105%** | 88m | 34’’ | 1’08’’ | 1’42’’ | 2’16’’ | 2’51’’ | 3’25’’ | 4’33’’ | 5’42’’ |
| **100%** | **83m** | **36’’** | **1’12’’** | **1’48’’** | **2’24’’** | **3’00’’** | **3’36’’** | **4’48’’** | **6’00’’** |
| **95%** | - | 38’’ | 1’16’’ | 1’53’’ | 2’31’’ | 3’09’’ | 3’47’’ | 5’03’’ | 6’19’’ |
| **90%** | - | 40’’ | 1’20’’ | 2’00’’ | 2’40’’ | 3’20’’ | 4’00’’ | 5’20’’ | 6’40’’ |
| **85%** | - | 42’’ | 1’24’’ | 2’07’’ | 2’49’’ | 3’31’’ | 4’14’’ | 5’38’’ | 7’03’’ |
| **80%** | - | 45’’ | 1’30’’ | 2’15’’ | 3’00’’ | 3’45’’ | 4’30’’ | 6’00’’ | 7’30’’ |