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| **FICHE COLLECTIVE DE RECUEIL DES RESULTATS** |
| **GROUPE : SANTORUN****DATE DE L’EPREUVE : Mercredi 18/10/2023** |
| **NOM - Prénom** | **AGE** | **SEXE** | **NAVETTE****(palier)** | **VO2 max** | **VAMEVAL (palier)** | **VMA****(km/h)** |
|  **BONNEAU J.** |  | **M** |  |  | **17/15** | **16,600** |
|  **RUHLMANN R.** |  | **M** |  |  | **17/15** | **16,600** |
| **PASTRE F.** |  | **M** |  |  | **17/15** | **16,600** |
| **FAVRE B.** |  | **M** |  |  |  **17/00** | **16,500** |
| **LAPLAGNE M.** |  | **M** |  |  | **16/30** | **16,300** |
| **PREAU B.** |  | **M** |  |  | **16/30** | **16,300** |
| **MAZOIN J.** |  | **M** |  |  | **16/15** | **16,100** |
| **CANNIC O.** |  | **M** |  |  | **15/30** | **15,800** |
| **POMMET L.** |  | **M** |  |  | **15/15** | **15,600** |
| **BRUNET D.** |  | **M** |  |  | **15/00** | **15,500** |
| **COUVIGNY L.** |  | **F** |  |  | **15/00** | **15,500** |
| **DUBROCA T.** |  | **M** |  |  | **15/00** | **15,500** |
| **ELODIE N.** |  | **F** |  |  | **13/45** | **14,900** |
| **CHAFFANEL E.** |  | **F** |  |  | **13/00** | **14,500** |
| **PERRINAUD S.** |  | **M** |  |  | **13/00** | **14,500** |
| **MORTON H.** |  | **M** |  |  | **12/30** | **14,300** |
| **JONATHAN P.** |  | **M** |  |  | **12/00** | **14,000** |
| **PILLON P.** |  | **M** |  |  | **9/00** | **12,500** |
| **GARCIA C.** |  | **F** |  |  | **8/30** | **12,300** |
| **JOHAN L.** |  | **F** |  |  | **8/30** | **12,300** |
| **CORNELEAU C.** |  | **M** |  |  | **7/30** | **11,800** |
| **MENNESSIER F.** |  | **F** |  |  | **7/15** | **11,600** |
| **BIASOTTO B.** |  | **F** |  |  | **7/00** | **11,500** |
| **BRUMEAU N.** |  | **F** |  |  | **6/30** | **11,300** |
| **RASCOL F.** |  | **F** |  |  | **6/30** | **11,300** |
| **LEGLISE B.** |  | **F** |  |  | **4/00** | **10,000** |
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**Prénom et Nom : JONATHAN BONNEAU.**

**Test réalisé le : 18/10/2023 Palier 17/15**

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| **VMA à 16,600 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’26’’ | 17,430 |
| 100% | 3’37’’ | 16,600 |
| **95%** | 3’48’’ | 15,770 |
| **90%** | 4’01’’ | 14,940 |
| **85%** | 4’15’’ | 14,110 |
| **80%** | 4’31’’ | 13,280 |
| **75%** | 4’49’’ | 12,450 |
| **70%** | 5’09’’ | 11,620 |
| **65%** | 5’33’’ | 10,790 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 18’’ | 36’’ | 54’’ | 1’12’’ | 1’30’’ | 1’48’’ | 2’24’’ | 3’01’’ |
| **115%** | - | 19’’ | 37’’ | 56’’ | 1’15’’ | 1’34’’ | 1’53’’ | 2’30’’ | 3’08’’ |
| **110%** | - | 20’’ | 39’’ | 59’’ | 1’19’’ | 1’38’’ | 1’58’’ | 2’37’’ | 3’17’’ |
| **105%** | 145m | 21’’ | 42’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’26’’ |
| **100%** | **138m** | **21’’5** | **43’’** | **1’05’’** | **1’27’’** | **1’48’’** | **2’10’’** | **2’53’’** | **3’37’’** |
| **95%** | - | 23’’ | 45’’ | 1’08’’ | 1’31’’ | 1’54’’ | 2’17’’ | 3’03’’ | 3’48’’ |
| **90%** | - | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’01’’ | 2’25’’ | 3’13’’ | 4’01’’ |
| **85%** | - | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’24’’ | 4’15’’ |
| **80%** |  | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |

**Prénom et Nom : RAPHAEL RUHLMANN.**

**Test réalisé le : 18/10/2023 Palier 17/15**

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| **VMA à 16,600 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’26’’ | 17,430 |
| 100% | 3’37’’ | 16,600 |
| **95%** | 3’48’’ | 15,770 |
| **90%** | 4’01’’ | 14,940 |
| **85%** | 4’15’’ | 14,110 |
| **80%** | 4’31’’ | 13,280 |
| **75%** | 4’49’’ | 12,450 |
| **70%** | 5’09’’ | 11,620 |
| **65%** | 5’33’’ | 10,790 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 18’’ | 36’’ | 54’’ | 1’12’’ | 1’30’’ | 1’48’’ | 2’24’’ | 3’01’’ |
| **115%** | - | 19’’ | 37’’ | 56’’ | 1’15’’ | 1’34’’ | 1’53’’ | 2’30’’ | 3’08’’ |
| **110%** | - | 20’’ | 39’’ | 59’’ | 1’19’’ | 1’38’’ | 1’58’’ | 2’37’’ | 3’17’’ |
| **105%** | 145m | 21’’ | 42’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’26’’ |
| **100%** | **138m** | **21’’5** | **43’’** | **1’05’’** | **1’27’’** | **1’48’’** | **2’10’’** | **2’53’’** | **3’37’’** |
| **95%** | - | 23’’ | 45’’ | 1’08’’ | 1’31’’ | 1’54’’ | 2’17’’ | 3’03’’ | 3’48’’ |
| **90%** | - | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’01’’ | 2’25’’ | 3’13’’ | 4’01’’ |
| **85%** | - | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’24’’ | 4’15’’ |
| **80%** |  | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |

**Prénom et Nom : FREDERIC PASTRE.**

**Test réalisé le : 18/10/2023 Palier 17/15**

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| **VMA à 16,600 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’26’’ | 17,430 |
| 100% | 3’37’’ | 16,600 |
| **95%** | 3’48’’ | 15,770 |
| **90%** | 4’01’’ | 14,940 |
| **85%** | 4’15’’ | 14,110 |
| **80%** | 4’31’’ | 13,280 |
| **75%** | 4’49’’ | 12,450 |
| **70%** | 5’09’’ | 11,620 |
| **65%** | 5’33’’ | 10,790 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 18’’ | 36’’ | 54’’ | 1’12’’ | 1’30’’ | 1’48’’ | 2’24’’ | 3’01’’ |
| **115%** | - | 19’’ | 37’’ | 56’’ | 1’15’’ | 1’34’’ | 1’53’’ | 2’30’’ | 3’08’’ |
| **110%** | - | 20’’ | 39’’ | 59’’ | 1’19’’ | 1’38’’ | 1’58’’ | 2’37’’ | 3’17’’ |
| **105%** | 145m | 21’’ | 42’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’26’’ |
| **100%** | **138m** | **21’’5** | **43’’** | **1’05’’** | **1’27’’** | **1’48’’** | **2’10’’** | **2’53’’** | **3’37’’** |
| **95%** | - | 23’’ | 45’’ | 1’08’’ | 1’31’’ | 1’54’’ | 2’17’’ | 3’03’’ | 3’48’’ |
| **90%** | - | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’01’’ | 2’25’’ | 3’13’’ | 4’01’’ |
| **85%** | - | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’24’’ | 4’15’’ |
| **80%** |  | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |

**Prénom et Nom : BENOIT FAVRE.**

**Test réalisé le : 18/10/2023 Palier 17/15**

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| --- |
| **VMA à 16,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’28’’ | 17,330 |
| 100% | **3’38’’** | **16,500** |
| **95%** | 3’50’’ | 15,680 |
| **90%** | 4’02’’ | 14,850 |
| **85%** | 4’17’’ | 14,030 |
| **80%** | 4’33’’ | 13,200 |
| **75%** | 4’51’’ | 12,380 |
| **70%** | 5’12’’ | 11,550 |
| **65%** | 5’36’’ | 10,725 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** |  | 18’’ | 36’’ | 54’’ | 1’12’’ | 1’31’’ | 1’49’’ | 2’25’’ | 3’01’’ |
| **115%** | - | 19’’ | 38’’ | 57’’ | 1’16’’ | 1’35’’ | 1’54’’ | 2’32’’ | 3’10’’ |
| **110%** | - | 19’’ | 40’’ | 1’ | 1’19’’ | 1’39’’ | 1’59’’ | 2’38’’ | 3’18’’ |
| **105%** | 144m | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’45’’ | 2’06’’ | 2’48’’ | 3’28’’ |
| **100%** | **138m** | **21’’5** | **43’’** | **1’05’’** | **1’27’’** | **1’50’’** | **2’11’’** | **2’54’’** | **3’38’’** |
| **95%** | - | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’56’’ | 2’19’’ | 3’04’’ | 3’50’’ |
| **90%** | - | 24’’5 | 49’’ | 1’13’’ | 1’37’’ | 2’01’’ | 2’25’’ | 3’13’’ | 4’02’’ |
| **85%** | - | 25’’5 | 51’’ | 1’16’’ | 1’42’’ | 2’08’’ | 2’33’’ | 3’25’’ | 4’17’’ |
| **80%** | - | 27’’ | 55’’ | 1’21’’ | 1’49’’ | 2’16’’ | 2’44’’ | 3’38’’ | 4’33’’ |

**Prénom et Nom : MATTHIEU LAPLAGNE.**

**Test réalisé le : 18/10/2023 Palier 16/30**

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| **VMA à 16,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’30’’ | 17,120 |
| 100% | **3’41’’** | **16,300** |
| **95%** | 3’52’’ | 15,490 |
| **90%** | 4’05’’ | 14,670 |
| **85%** | 4’20’’ | 13,860 |
| **80%** | 4’36’’ | 13,040 |
| **75%** | 4’54’’ | 12,230 |
| **70%** | 5’16’’ | 11,410 |
| **65%** | 5’40’’ | 10,595 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 18’’ | 37’’ | 55’’ | 1’14’’ | 1’32’’ | 1’51’’ | 2’28’’ | 3’04’’ |
| **115%** | **-** | 19’’ | 38’’ | 57’’ | 1’17’’ | 1’36’’ | 1’55’’ | 2’34’’ | 3’12’’ |
| **110%** | **-** | 21’’ | 41’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’46’’ | 3’27’’ |
| **105%** | 143m | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’45’’ | 2’06’’ | 2’48’’ | 3’30’’ |
| **100%** | **136m** | **22’’** | **44’’** | **1’06’’** | **1’28’’** | **1’50’’** | **2’12’’** | **2’56’’** | **3’41’’** |
| **95%** | - | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’56’’ | 2’19’’ | 3’06’’ | 3’52’’ |
| **90%** | - | 24’’5 | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’27’’ | 3’16’’ | 4’05’’ |
| **85%** | - | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’20’’ |
| **80%** | - | 27’’5 | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’36’’ |

**Prénom et Nom : BRUNO P.**

**Test réalisé le : 18/10/2023 Palier 16/30**

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| **VMA à 16,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’30’’ | 17,120 |
| 100% | **3’41’’** | **16,300** |
| **95%** | 3’52’’ | 15,490 |
| **90%** | 4’05’’ | 14,670 |
| **85%** | 4’20’’ | 13,860 |
| **80%** | 4’36’’ | 13,040 |
| **75%** | 4’54’’ | 12,230 |
| **70%** | 5’16’’ | 11,410 |
| **65%** | 5’40’’ | 10,595 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 18’’ | 37’’ | 55’’ | 1’14’’ | 1’32’’ | 1’51’’ | 2’28’’ | 3’04’’ |
| **115%** | **-** | 19’’ | 38’’ | 57’’ | 1’17’’ | 1’36’’ | 1’55’’ | 2’34’’ | 3’12’’ |
| **110%** | **-** | 21’’ | 41’’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’46’’ | 3’27’’ |
| **105%** | 143m | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’45’’ | 2’06’’ | 2’48’’ | 3’30’’ |
| **100%** | **136m** | **22’’** | **44’’** | **1’06’’** | **1’28’’** | **1’50’’** | **2’12’’** | **2’56’’** | **3’41’’** |
| **95%** | - | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’56’’ | 2’19’’ | 3’06’’ | 3’52’’ |
| **90%** | - | 24’’5 | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’27’’ | 3’16’’ | 4’05’’ |
| **85%** | - | 26’’ | 52’’ | 1’18’’ | 1’44’’ | 2’10’’ | 2’36’’ | 3’28’’ | 4’20’’ |
| **80%** | - | 27’’5 | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’36’’ |

**Prénom et Nom : JEROME M.**

**Test réalisé le : 18/10/2023 Palier 16/15**

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| **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** |  |  |

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|  | **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 : OLIVIER CANNIC.**

**Test réalisé le : 18/10/2023 Palier 15/30**

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| **VMA à 15,800 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’37’’ | 16,590 |
| 100% | **3’48’’** | **15,800** |
| **95%** | 4’00’’ | 15,010 |
| **90%** | 4’13’’ | 14,220 |
| **85%** | 4’28’’ | 13,430 |
| **80%** | 4’45’’ | 12,640 |
| **75%** | 5’04’’ | 11,850 |
| **70%** | 5’25’’ | 11,060 |
| **65%** | 5’50’’ | 10,270 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 19’’ | 38’’ | 57’’ | 1’16’’ | 1’35’’ | 1’54’’ | 2’32’’ | 3’11’’ |
| **115%** | **-** | 19’’5 | 39’’ | 59’’ | 1’19’’ | 1’38’’ | 1’59’’ | 2’38’’ | 3’18’’ |
| **110%** | **-** | 20’’5 | 41’ | 1’02’’ | 1’23’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’27’’ |
| **105%** | 139m | 21’’5 | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’11’’ | 2’54’’ | 3’37’’ |
| **100%** | **132m** | **23’’** | **46’’** | **1’08’’** | **1’31’’** | **1’54’’** | **2’16’’** | **3’02’’** | **3’48’’** |
| **95%** | - | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’ | 2’24’’ | 3’12’’ | 4’ |
| **90%** | - | 25’’ | 50’’ | 1’15’’ | 1’41’’ | 2’06’’ | 2’32’’ | 3’22’’ | 4’13’’ |
| **85%** | - | 27’’ | 53’’ | 1’20’’ | 1’47’’ | 2’14’’ | 2’41’’ | 3’34’’ | 4’28’’ |
| **80%** | - | 28’’ | 57’’ | 1’25’’ | 1’54’’ | 2’22’’ | 2’51’’ | 3’48’’ | 4’45’’ |

**Prénom et Nom : LAURENT POMMET.**

**Test réalisé le : 18/10/2023 Palier 15/15**

|  |
| --- |
| **VMA à 15,600 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’39’’ | 16,380 |
| 100% | **3’51’’** | **15,600** |
| **95%** | 4’03’’ | 14,820 |
| **90%** | 4’16’’ | 14,040 |
| **85%** | 4’31’’ | 13,260 |
| **80%** | 4’48’’ | 12,480 |
| **75%** | 5’08’’ | 11,700 |
| **70%** | 5’30’’ | 10,920 |
| **65%** | 5’55’’ | 10,140 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | - | 19’’ | 38’’ | 57’’ | 1’17’’ | 1’35’’ | 1’54’’ | 2’33’’ | 3’12’ |
| **115%** | - | 20’’ | 40’’ | 1’ | 1’20’’ | 1’40’’ | 2’ | 2’40’’ | 3’20’’ |
| **110%** |  | 21’’ | 42’’ | 1’03’’ | 1’23’’ | 1’44’’ | 2’05’’ | 2’47’’ | 3’29’’ |
| **105%** | 136m | 22’’ | 44’’ | 1’06’’ | 1’28’’ | 1’50’’ | 2’12’’ | 2’56’’ | 3’39’’ |
| **100%** | **130m** | **23’’** | **46’’** | **1’09’’** | **1’32’’** | **1’55’’** | **2’18’’** | **3’04’’** | **3’51’’** |
| **95%** | - | 24’’ | 49’’ | 1’13’’ | 1’37’’ | 2’01’’ | 2’26’’ | 3’14’’ | 4’03’’ |
| **90%** | - | 25’’ | 51’’ | 1’17’’ | 1’42’’ | 2’08’’ | 2’34’’ | 3’25’’ | 4’16’’ |
| **85%** | - | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’31’’ |
| **80%** | - | 29’’ | 57’’ | 1’26’’ | 1’55’’ | 2’24’’ | 2’53’’ | 3’50’’ | 4’48’’ |

**Prénom et Nom : DAMIEN BRUNET.**

**Test réalisé le : 18/10/2023 Palier 15/00**

|  |
| --- |
| **VMA à 15,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’’41’’ | 16,280 |
| 100% | 3’52’’ | 15,500 |
| **95%** | 4’04’’ | 14,730 |
| **90%** | 4’18’’ | 13,950 |
| **85%** | 4’33’’ | 13,180 |
| **80%** | 4’50’’ | 12,400 |
| **75%** | 5’10’’ | 11,630 |
| **70%** | 5’32’’ | 10,850 |
| **65%** | 5’57’’ | 10,075 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 19’’ | 39’’ | 58’’ | 1’17’’ | 1’37’’ | 1’56’’ | 2’35’’ | 3’13’’ |
| **115%** | **-** | 20’’ | 40’’ | 1’ | 1’21’’ | 1’41’’ | 2’01’’ | 2’42’’ | 3’22’’ |
| **110%** | **-** | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’46’’ | 2’07’’ | 2’49’’ | 3’31’’ |
| **105%** | 136m | 22’’ | 44’’ | 1’06’’ | 1’28’’ | 1’50’’ | 2’12’’ | 2’57’’ | 3’41’’ |
| **100%** | **129m** | **23’’** | **46’’** | **1’10’’** | **1’33’’** | **1’56’’** | **2’18’’** | **3’04’’** | **3’52’’** |
| **95%** | - | 24’’ | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’27’’ | 3’16’’ | 4’04’’ |
| **90%** | - | 26’’ | 52’’ | 1’17’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’26’’ | 4’18’’ |
| **85%** | - | 27’’ | 55’’ | 1’22’’ | 1’49’’ | 2’16’’ | 2’44’’ | 3’38’’ | 4’33’’ |
| **80%** | - | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |

**Prénom et Nom : LEA COUVIGNY.**

**Test réalisé le : 18/10/2023 Palier 15/00**

|  |
| --- |
| **VMA à 15,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’’41’’ | 16,280 |
| 100% | 3’52’’ | 15,500 |
| **95%** | 4’04’’ | 14,730 |
| **90%** | 4’18’’ | 13,950 |
| **85%** | 4’33’’ | 13,180 |
| **80%** | 4’50’’ | 12,400 |
| **75%** | 5’10’’ | 11,630 |
| **70%** | 5’32’’ | 10,850 |
| **65%** | 5’57’’ | 10,075 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 19’’ | 39’’ | 58’’ | 1’17’’ | 1’37’’ | 1’56’’ | 2’35’’ | 3’13’’ |
| **115%** | **-** | 20’’ | 40’’ | 1’ | 1’21’’ | 1’41’’ | 2’01’’ | 2’42’’ | 3’22’’ |
| **110%** | **-** | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’46’’ | 2’07’’ | 2’49’’ | 3’31’’ |
| **105%** | 136m | 22’’ | 44’’ | 1’06’’ | 1’28’’ | 1’50’’ | 2’12’’ | 2’57’’ | 3’41’’ |
| **100%** | **129m** | **23’’** | **46’’** | **1’10’’** | **1’33’’** | **1’56’’** | **2’18’’** | **3’04’’** | **3’52’’** |
| **95%** | - | 24’’ | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’27’’ | 3’16’’ | 4’04’’ |
| **90%** | - | 26’’ | 52’’ | 1’17’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’26’’ | 4’18’’ |
| **85%** | - | 27’’ | 55’’ | 1’22’’ | 1’49’’ | 2’16’’ | 2’44’’ | 3’38’’ | 4’33’’ |
| **80%** | - | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |

**Prénom et Nom : THOMAS DUBROCA.**

**Test réalisé le : 18/10/2023 Palier 15/00**

|  |
| --- |
| **VMA à 15,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’’41’’ | 16,280 |
| 100% | 3’52’’ | 15,500 |
| **95%** | 4’04’’ | 14,730 |
| **90%** | 4’18’’ | 13,950 |
| **85%** | 4’33’’ | 13,180 |
| **80%** | 4’50’’ | 12,400 |
| **75%** | 5’10’’ | 11,630 |
| **70%** | 5’32’’ | 10,850 |
| **65%** | 5’57’’ | 10,075 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 19’’ | 39’’ | 58’’ | 1’17’’ | 1’37’’ | 1’56’’ | 2’35’’ | 3’13’’ |
| **115%** | **-** | 20’’ | 40’’ | 1’ | 1’21’’ | 1’41’’ | 2’01’’ | 2’42’’ | 3’22’’ |
| **110%** | **-** | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’46’’ | 2’07’’ | 2’49’’ | 3’31’’ |
| **105%** | 136m | 22’’ | 44’’ | 1’06’’ | 1’28’’ | 1’50’’ | 2’12’’ | 2’57’’ | 3’41’’ |
| **100%** | **129m** | **23’’** | **46’’** | **1’10’’** | **1’33’’** | **1’56’’** | **2’18’’** | **3’04’’** | **3’52’’** |
| **95%** | - | 24’’ | 49’’ | 1’13’’ | 1’38’’ | 2’02’’ | 2’27’’ | 3’16’’ | 4’04’’ |
| **90%** | - | 26’’ | 52’’ | 1’17’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’26’’ | 4’18’’ |
| **85%** | - | 27’’ | 55’’ | 1’22’’ | 1’49’’ | 2’16’’ | 2’44’’ | 3’38’’ | 4’33’’ |
| **80%** | - | 29’’ | 58’’ | 1’27’’ | 1’56’’ | 2’25’’ | 2’54’’ | 3’52’’ | 4’50’’ |

**Prénom et Nom : ELODIE NEANT.**

**Test réalisé le : 18/10/2023 Palier 13/45**

|  |
| --- |
| **VMA à 14,900 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’50’’ | 15,650 |
| 100% | **4’02’’** | **14,900** |
| **95%** | 4’14’’ | 14,160 |
| **90%** | 4’28’’ | 13,410 |
| **85%** | 4’44’’ | 12,670 |
| **80%** | 5’02’’ | 11,920 |
| **75%** | 5’22’’ | 11,180 |
| **70%** | 5’45’’ | 10,430 |
| **65%** | 6’12’’ | 9,680 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’ | 40’’ | 1’00 | 1’20’’ | 1’40’’ | 2’00 | 2’40’’ | 3’21’’ |
| **115%** | **-** | 21’’ | 42’’ | 1’03’’ | 1’24’’ | 1’45’’ | 2’06’’ | 2’48’’ | 3’30’’ |
| **110%** | **-** | 22’’ | 44’’ | 1’05’’ | 1’27’’ | 1’49’’ | 2’11’’ | 2’55’’ | 3’39’’ |
| **105%** | 130m | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’55’’ | 2’18’’ | 3’04’’ | 3’50’’ |
| **100%** | **124m** | **24’’** | **48’’** | **1’12’’** | **1’37’’** | **2’01’’** | **2’25’’** | **3’14’’** | **4’02’’** |
| **95%** | - | 25’’ | 51’’ | 1’16’’ | 1’41’’ | 2’06’’ | 2’31’’ | 3’22’’ | 4’14’’ |
| **90%** | - | 27’’ | 53’’ | 1’20’’ | 1’47’’ | 2’14’’ | 2’41’’ | 3’34’’ | 4’28’’ |
| **85%** | - | 28’’ | 57’’ | 1’25’’ | 1’53’’ | 2’22’’ | 2’50’’ | 3’47’’ | 4’44’’ |
| **80%** | - | 30’’ | 1’ | 1'31’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’02’’ |

**Prénom et Nom : ESTELLE CHAFFANEL.**

**Test réalisé le : 18/10/2023 Palier 13/00**

|  |
| --- |
| **VMA à 14,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’56’’ | 15,230 |
| 100% | **4’08’’** | **14,500** |
| **95%** | 4’21’’ | 13,780 |
| **90%** | 4’36’’ | 13,050 |
| **85%** | 4’52’’ | 12,330 |
| **80%** | 5’10’’ | 11,600 |
| **75%** | 5’31’’ | 10,880 |
| **70%** | 5’54’’ | 10,150 |
| **65%** | 6’20’’ | 9,425 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’5 | 41’’ | 1’02’’ | 1’22’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’26’’ |
| **115%** | **-** | 21’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 2’53’’ | 3’36’’ |
| **110%** | **-** | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’56’’ | 2’19’’ | 3’04’’ | 3’50’’ |
| **105%** | 127m | 23’’5 | 47’’ | 1’11’’ | 1’34’’ | 1’58’’ | 2’22’’ | 3’08’’ | 3’56’’ |
| **100%** | **121m** | **25’’** | **50’’** | **1’14’’** | **1’39’’** | **2’04’’** | **2’29’’** | **3’18’’** | **4’08’’** |
| **95%** | - | 26’’ | 52’’ | 1’18’’ | 1’45’’ | 2’11’’ | 2’36’’ | 3’29’’ | 4’21’’ |
| **90%** | - | 27’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’47’’ | 3’41’’ | 4’36’’ |
| **85%** | - | 29’’ | 58’’ | 1’28’’ | 1’57’’ | 2’26’’ | 2’55’’ | 3’54’’ | 4’52’’ |
| **80%** | - | 31’’ | 1’02’’ | 1’33’’ | 2’04’’ | 2’35’’ | 3’06’’ | 4’08’’ | 5’10’’ |

**Prénom et Nom : STEPHANE PERRINAUD.**

**Test réalisé le : 18/10/2023 Palier 13/00**

|  |
| --- |
| **VMA à 14,500 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’56’’ | 15,230 |
| 100% | **4’08’’** | **14,500** |
| **95%** | 4’21’’ | 13,780 |
| **90%** | 4’36’’ | 13,050 |
| **85%** | 4’52’’ | 12,330 |
| **80%** | 5’10’’ | 11,600 |
| **75%** | 5’31’’ | 10,880 |
| **70%** | 5’54’’ | 10,150 |
| **65%** | 6’20’’ | 9,425 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 20’’5 | 41’’ | 1’02’’ | 1’22’’ | 1’43’’ | 2’04’’ | 2’45’’ | 3’26’’ |
| **115%** | **-** | 21’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 2’53’’ | 3’36’’ |
| **110%** | **-** | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’56’’ | 2’19’’ | 3’04’’ | 3’50’’ |
| **105%** | 127m | 23’’5 | 47’’ | 1’11’’ | 1’34’’ | 1’58’’ | 2’22’’ | 3’08’’ | 3’56’’ |
| **100%** | **121m** | **25’’** | **50’’** | **1’14’’** | **1’39’’** | **2’04’’** | **2’29’’** | **3’18’’** | **4’08’’** |
| **95%** | - | 26’’ | 52’’ | 1’18’’ | 1’45’’ | 2’11’’ | 2’36’’ | 3’29’’ | 4’21’’ |
| **90%** | - | 27’’ | 55’’ | 1’23’’ | 1’50’’ | 2’18’’ | 2’47’’ | 3’41’’ | 4’36’’ |
| **85%** | - | 29’’ | 58’’ | 1’28’’ | 1’57’’ | 2’26’’ | 2’55’’ | 3’54’’ | 4’52’’ |
| **80%** | - | 31’’ | 1’02’’ | 1’33’’ | 2’04’’ | 2’35’’ | 3’06’’ | 4’08’’ | 5’10’’ |

**Prénom et Nom : HERVE MORTON.**

**Test réalisé le : 18/10/2023 Palier 12/30**

|  |
| --- |
| **VMA à 14,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 3’59’’ | 15,020 |
| 100% | 4’11’’ | 14,300 |
| **95%** | 4’25’’ | 13,590 |
| **90%** | 4’39’’ | 12,870 |
| **85%** | 4’56’’ | 12,160 |
| **80%** | 5’14’’ | 11,440 |
| **75%** | 5’35’’ | 10,730 |
| **70%** | 5’59’’ | 10,010 |
| **65%** | 6’27’’ | 9,300 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 21’’ | 42’’ | 1’03’’ | 1’23’’ | 1’44’’ | 2’05’’ | 2’47’’ | 3’29’’ |
| **115%** | **-** | 22’’ | 44’’ | 1’05’’ | 1’27’’ | 1’49’’ | 2’11’’ | 2’55’’ | 3’39’’ |
| **110%** | **-** | 23’’ | 45’’ | 1’08’’ | 1’31’’ | 1’54’’ | 2’17’’ | 3’03’’ | 3’48’’ |
| **105%** | 125m | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’00’’ | 2’24’’ | 3’12’’ | 3’59’’ |
| **100%** | **119m** | **25’’** | **50’’** | **1’16’’** | **1’41’’** | **2’06’’** | **2’31’’** | **3’21’’** | **4’11’’** |
| **95%** | - | 26’’ | 53’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **90%** | - | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’20’’ | 2’48’’ | 3’44’’ | 4’39’’ |
| **85%** | - | 29’’ | 59’’ | 1’28’’ | 1’58’’ | 2’28’’ | 2’57’’ | 3’57’’ | 4’56’’ |
| **80%** |  | 31’’ | 1’03’’ | 1’34’’ | 2’06’’ | 2’37’’ | 3’08’’ | 4’11’’ | 5’14’’ |

**Prénom et Nom : JONATHAN PROCHE.**

**Test réalisé le : 18/10/2023 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 : PHILIPPE PILLON.**

**Test réalisé le : 18/10/2023 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 : CAROLINE GARCIA.**

**Test réalisé le : 18/10/2023 Palier 8/30**

|  |
| --- |
| **VMA à 12,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4,38’’ | 12,920 |
| 100% | **4’52’’** | **12,300** |
| **95%** | 5’08’’ | 11,690 |
| **90%** | 5’25’’ | 11,070 |
| **85%** | 5’44’’ | 10,480 |
| **80%** | 6’05’’ | 9,840 |
| **75%** | 6’30’’ | 9,230 |
| **70%** | 6’58’’ | 8,610 |
| **65%** | 7’31’’ | 7,995 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 49’’ | 1’13’’ | 1’37’’ | 2’01’’ | 2’26’’ | 3’15’’ | 4’02’’ |
| **115%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’23’’ | 4’14’’ |
| **110%** | **-** | 26’’ | 53’’ | 1’20’’ | 1’46’’ | 2’13’’ | 2’40’’ | 3’32’’ | 4’26’’ |
| **105%** | 109 m | 28’’ | 56’’ | 1’23’’ | 1’51’’ | 2’19’’ | 2’47’’ | 3’43’’ | 4’38’ |
| **100%** | **103m** | **29’’** | **58’’** | **1’28’’** | **1’57’’** | **2’26’** | **2’55’’** | **3’54’’** | **4’52’’** |
| **95%** | - | 30’’5 | 1’01’’ | 1’32’’ | 2’03’’ | 2’34’’ | 3’04’’ | 4’06’’ | 5’08’’ |
| **90%** | - | 32’’ | 1’05’’ | 1’37’’ | 2’10’’ | 2’42’’ | 3’15’’ | 4’20’’ | 5’25’’ |
| **85%** | - | 34’’ | 1’09’’ | 1’43’’ | 2’17’’ | 2’52’’ | 3’26’’ | 4’35’’ | 5’44’’ |
| **80%** | - | 36’’ | 1’13’’ | 1’49’’ | 2’26’’ | 3’02’’ | 3’39’’ | 4’52’’ | 6’05’’ |

**Prénom et Nom : LAURENCE JOHAN.**

**Test réalisé le : 18/10/2023 Palier 8/30**

|  |
| --- |
| **VMA à 12,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4,38’’ | 12,920 |
| 100% | **4’52’’** | **12,300** |
| **95%** | 5’08’’ | 11,690 |
| **90%** | 5’25’’ | 11,070 |
| **85%** | 5’44’’ | 10,480 |
| **80%** | 6’05’’ | 9,840 |
| **75%** | 6’30’’ | 9,230 |
| **70%** | 6’58’’ | 8,610 |
| **65%** | 7’31’’ | 7,995 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 49’’ | 1’13’’ | 1’37’’ | 2’01’’ | 2’26’’ | 3’15’’ | 4’02’’ |
| **115%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’23’’ | 4’14’’ |
| **110%** | **-** | 26’’ | 53’’ | 1’20’’ | 1’46’’ | 2’13’’ | 2’40’’ | 3’32’’ | 4’26’’ |
| **105%** | 109 m | 28’’ | 56’’ | 1’23’’ | 1’51’’ | 2’19’’ | 2’47’’ | 3’43’’ | 4’38’ |
| **100%** | **103m** | **29’’** | **58’’** | **1’28’’** | **1’57’’** | **2’26’** | **2’55’’** | **3’54’’** | **4’52’’** |
| **95%** | - | 30’’5 | 1’01’’ | 1’32’’ | 2’03’’ | 2’34’’ | 3’04’’ | 4’06’’ | 5’08’’ |
| **90%** | - | 32’’ | 1’05’’ | 1’37’’ | 2’10’’ | 2’42’’ | 3’15’’ | 4’20’’ | 5’25’’ |
| **85%** | - | 34’’ | 1’09’’ | 1’43’’ | 2’17’’ | 2’52’’ | 3’26’’ | 4’35’’ | 5’44’’ |
| **80%** | - | 36’’ | 1’13’’ | 1’49’’ | 2’26’’ | 3’02’’ | 3’39’’ | 4’52’’ | 6’05’’ |

**Prénom et Nom : CEDRIC CORNELEAU.**

**Test réalisé le : 18/10/2023 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 : FREDERIQUE MENNESSIER.**

**Test réalisé le : 18/10/2023 Palier 7/15**

|  |
| --- |
| **VMA à 11,600 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’55’’ | 12,180 |
| 100% | **5’10’’** | **11,600** |
| **95%** | 5’26’’ | 11,020 |
| **90%** | 5’44’’ | 10,440 |
| **85%** | 6’05’’ | 9,860 |
| **80%** | 6’27’’ | 9,280 |
| **75%** | 6’53’’ | 8,700 |
| **70%** | 7’23’’ | 8,120 |
| **65%** | 7’57’’ | 7,540 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 26’’ | 51’’ | 1’17’’ | 1’43’’ | 2’09’’ | 2’34’’ | 3’26’’ | 4’18’’ |
| **115%** | **-** | 27’’ | 54’’ | 1’21’’ | 1’47’’ | 2’14’’ | 2’41’’ | 3’35’’ | 4’29’’ |
| **110%** | **-** | 28’’ | 56’’ | 1’24’’ | 1’52’’ | 2’21’’ | 2’49’’ | 3’45’’ | 4’42’’ |
| **105%** | 102 m | 29’’ | 59’’ | 1’28’’ | 1’58’’ | 2’27’’ | 2’57’’ | 3’56’’ | 4’55’’ |
| **100%** | **96 m** | **31’’** | **1’02’’** | **1’33’’** | **2’04’’** | **2’35’’** | **3’06’’** | **4’08’’** | **5’10’’** |
| **95%** | - | 32’’ | 1’05’’ | 1’38’’ | 2’10’’ | 2’43’’ | 3’15’’ | 4’21’’ | 5’26’’ |
| **90%** | - | 34’’ | 1’09’’ | 1’43’’ | 2’17’’ | 2’52’’ | 3’26’’ | 4’35’’ | 5’44’’ |
| **85%** | - | 36’’ | 1’13’’ | 1’49’’ | 2’26’’ | 3’02’’ | 3’39’’ | 4’52’’ | 6’05’’ |
| **80%** | - | 38’’ | 1’17’’ | 1’56’’ | 2’35’’ | 3’13’’ | 3’52’’ | 5’09’’ | 6’27’’ |

**Prénom et Nom : BRIGITTE BIASOTTO.**

**Test réalisé le : 18/10/2023 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 : NATHALIE BRUMEAU.**

**Test réalisé le : 18/10/2023 Palier 6/30**

|  |
| --- |
| **VMA à 11,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 5’03’’ | 11,870 |
| 100% | **5’18’’** | **11,300** |
| **95%** | 5’35’’ | 10,740 |
| **90%** | 5’53’’ | 10,170 |
| **85%** | 6’14’’ | 9,610 |
| **80%** | 6’38’’ | 9,040 |
| **75%** | 7’04’’ | 8,480 |
| **70%** | 7’35’’ | 7,910 |
| **65%** | 8’10’’ | 7,345 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 26’’5 | 54’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **115%** | **-** | 27’’5 | 55’’ | 1’23’’ | 1’51’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’37’’ |
| **110%** | **-** | 29’’ | 57’’ | 1’26’’ | 1’45’’ | 2’24’’ | 2’53’’ | 3’51’’ | 4’49’’ |
| **105%** | 99m | 30’’ | 1’00’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **100%** | **94m** | **32’’** | **1'04’’** | **1’35’’** | **2’07’’** | **2’39’’** | **3’10’’** | **4’14’’** | **5’18’’** |
| **95%** | - | 33’’ | 1’04’’ | 1’40’’ | 2’14’’ | 2’47’’ | 3’21’’ | 4’28’’ | 5’35’’ |
| **90%** | - | 35’’ | 1’10’’ | 1’45’’ | 2’21’’ | 2’56’’ | 3’31’’ | 4’42’’ | 5’53’’ |
| **85%** | - | 37’’5 | 1’15’’ | 1’52’’ | 2’29’’ | 3’07’’ | 3’44’’ | 4’59’’ | 6’14’’ |
| **80%** | - | 40’’ | 1’20’’ | 2’00’’ | 2’40’’ | 3’19’’ | 3’59’’ | 5’18’’ | 6’38’’ |

**Prénom et Nom : FREDERIQUE RASCOL.**

**Test réalisé le : 18/10/2023 Palier 6/30**

|  |
| --- |
| **VMA à 11,300 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 5’03’’ | 11,870 |
| 100% | **5’18’’** | **11,300** |
| **95%** | 5’35’’ | 10,740 |
| **90%** | 5’53’’ | 10,170 |
| **85%** | 6’14’’ | 9,610 |
| **80%** | 6’38’’ | 9,040 |
| **75%** | 7’04’’ | 8,480 |
| **70%** | 7’35’’ | 7,910 |
| **65%** | 8’10’’ | 7,345 |
| **Spécifique 5 km** |  |  |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 26’’5 | 54’’ | 1’19’’ | 1’46’’ | 2’12’’ | 2’39’’ | 3’32’’ | 4’25’’ |
| **115%** | **-** | 27’’5 | 55’’ | 1’23’’ | 1’51’’ | 2’18’’ | 2’46’’ | 3’41’’ | 4’37’’ |
| **110%** | **-** | 29’’ | 57’’ | 1’26’’ | 1’45’’ | 2’24’’ | 2’53’’ | 3’51’’ | 4’49’’ |
| **105%** | 99m | 30’’ | 1’00’’ | 1’31’’ | 2’01’’ | 2’31’’ | 3’01’’ | 4’02’’ | 5’03’’ |
| **100%** | **94m** | **32’’** | **1'04’’** | **1’35’’** | **2’07’’** | **2’39’’** | **3’10’’** | **4’14’’** | **5’18’’** |
| **95%** | - | 33’’ | 1’04’’ | 1’40’’ | 2’14’’ | 2’47’’ | 3’21’’ | 4’28’’ | 5’35’’ |
| **90%** | - | 35’’ | 1’10’’ | 1’45’’ | 2’21’’ | 2’56’’ | 3’31’’ | 4’42’’ | 5’53’’ |
| **85%** | - | 37’’5 | 1’15’’ | 1’52’’ | 2’29’’ | 3’07’’ | 3’44’’ | 4’59’’ | 6’14’’ |
| **80%** | - | 40’’ | 1’20’’ | 2’00’’ | 2’40’’ | 3’19’’ | 3’59’’ | 5’18’’ | 6’38’’ |

**Prénom et Nom : BEATRICE L.**

**Test réalisé le : 18/10/2023 Palier 4/00**

|  |
| --- |
| **VMA à 10,000 km/h** |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 5’42’’ | 10,500 |
| 100% | **6’00’’** | **10,000** |
| **95%** | 6’19’’ | 9,500 |
| **90%** | 6’40’’ | 9,000 |
| **85%** | 7’03’’ | 8,500 |
| **80%** | 7’30’’ | 8,000 |
| **75%** | 8’00’’ | 7,500 |
| **70%** | 8’34’’ | 7,000 |
| **65%** | 9’13’’ | 6,500 |
| **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’’ |