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| **FICHE COLLECTIVE DE RECUEIL DES RESULTATS** | | | | | | |
| **GROUPE : SANTORUN 2019 DATE DE L’EPREUVE : 25 MARS 2019** | | | | | | |
| **NOM et PRENOM** | **AGE** | **SEXE** | **Navette** | **VO2 max** | **VAMEVAL (palier)** | **VMA**  **(km/h)** |
| BENJAMIN |  |  |  |  | 16/00 | **16,000** |
| DAVID |  |  |  |  | 14/15 | **15,100** |
| LAURENT S. |  |  |  |  | 13/45 | **14,900** |
| JOSE M. |  |  |  |  | 12/00 | **14,000** |
| REMY B. |  |  |  |  | 11/45 | **13,900** |
| ERIC |  |  |  |  | 11/30 | **13,800** |
| PHILIPPE J. |  |  |  |  | 11/15 | **13,600** |
| JEAN-LUC C. |  |  |  |  | 10/45 | **13,400** |
| CEDRIC C. |  |  |  |  | 9/30 | **12,800** |
| NATASHA L. |  |  |  |  | 9/15 | **12,600** |
| MERYLINE |  |  |  |  | 9/15 | **12,600** |
| BABETH |  |  |  |  | 9/15 | **12,600** |
| NATHALIE L. |  |  |  |  | 9/00 | **12,500** |
| FREDERIQUE M. |  |  |  |  | 7/15 | **11,600** |
| ELISABETH |  |  |  |  | 6/00 | **11,000** |
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**Prénom et Nom : BENJAMIN**

**Test réalisé le : 25 Mars 2019 Palier 16/00**

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| --- | --- | --- |
| **VMA 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **30’’** | **100m** | **200m** | **300m** | **400m** | **500m** | **600m** | **800m** | **1000m** |
| **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’’ |

**Nom et prénom : DAVID**

**Test réalisé le : 25 Mars 2019 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **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’’ |

**Nom et prénom : LAURENT S.**

**Test réalisé le : 25 Mars 2019 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **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’’ |

**Nom et prénom : JOSE M.**

**Test réalisé le : 25 Mars 2019 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **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’’ |

**Nom et prénom : REMY B.**

**Test réalisé le : 25 Mars 2019 Palier 11/45**

|  |  |  |
| --- | --- | --- |
| **VMA à 13,900 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’06’’ | 14,600 |
| **100%** | 4’19’’ | 13,900 |
| **95%** | 4’32’’ | 13,210 |
| **90%** | 4’47’’ | 12,510 |
| **85%** | 5’04’’ | 11,820 |
| **80%** | 5’23’’ | 11,120 |
| **75%** | 5’45’’ | 10,430 |
| **70%** | 6’09’’ | 9,730 |
| **65%** | 6’38’’ | 9,040 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 21’’5 | 43’’ | 1’04’’ | 1’26’’ | 1’47’’ | 2’09’’ | 2’52’’ | 3’36’’ |
| **115%** | **-** | 22’’5 | 45’’ | 1’07’’ | 1’30’’ | 1’52’’ | 2’15’’ | 3’00’’ | 3’45’’ |
| **110%** | **-** | 23’’5 | 47’’ | 1’10’’ | 1’34’’ | 1’57’’ | 2’21’’ | 3’08’’ | 3’55’’ |
| **105%** | 122m | 25’’ | 49’’ | 1’14’’ | 1’38’’ | 2’03’’ | 2’28’’ | 3’17’’ | 4’06’’ |
| **100%** | **116m** | **26’’** | **52’’** | **1’18’’** | **1’44’’** | **2’09’’** | **2’35’’** | **3’27’’** | **4’19’’** |
| **95%** | - | 27’’ | 54’’ | 1’22’’ | 1’49’’ | 2’16’’ | 2’43’’ | 3’38’’ | 4’32’’ |
| **90%** | - | 29’’ | 57’’ | 1’26’’ | 1’55’’ | 2’23’’ | 2’52’’ | 3’50’’ | 4’47’’ |
| **85%** | - | 30’’ | 1’01’’ | 1’31’’ | 2’01’’ | 2’32’’ | 3’02’’ | 4’03’’ | 5’04’’ |
| **80%** | - | 32’’ | 1’04’’ | 1’37’’ | 2’09’’ | 2’41’’ | 3’14’’ | 4’19’’ | 5’23’’ |

**Nom et prénom : ERIC**

**Test réalisé le : 25 Mars 2019 Palier 11/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 13,800 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’08’’ | 14,490 |
| **100%** | 4’20’’ | 13,800 |
| **95%** | 4’34’’ | 13,110 |
| **90%** | 4’49’’ | 12,420 |
| **85%** | 5’06’’ | 11,730 |
| **80%** | 5’26’’ | 11,040 |
| **75%** | 5’47’’ | 10,350 |
| **70%** | 6’12’’ | 9,660 |
| **65%** | 6’41’’ | 8,970 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 22’’ | 43’’ | 1’05’’ | 1’27’’ | 1’48’’ | 2’09’’ | 2’53’’ | 3’37’’ |
| **115%** | **-** | 22’’5 | 45’’ | 1’08’’ | 1’30’’ | 1’53’’ | 2’16’’ | 3’01’’ | 3’46’’ |
| **110%** | **-** | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’10’’ | 3’57’’ |
| **105%** | 122m | 25’’ | 49’’ | 1’14’’ | 1’39’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’08’’ |
| **100%** | **116m** | **26’’** | **52’’** | **1’18’’** | **1’44’’** | **2’10’’** | **2’36’’** | **3’28’’** | **4’20’’** |
| **95%** | - | 27’’ | 54’’ | 1’22’’ | 1’50’’ | 2’17’’ | 2’44’’ | 3’39’’ | 4’34’’ |
| **90%** | - | 29’’ | 58’’ | 1’26’’ | 1’55’’ | 2’24’’ | 2’53’’ | 3’51’’ | 4’49’’ |
| **85%** | - | 31’’ | 1’01’’ | 1’32’’ | 2’02’’ | 2’33’’ | 3’04’’ | 4’05’’ | 5’06’’ |
| **80%** |  | 32’’ | 1’05’’ | 1’37’’ | 2’10’’ | 2’43’’ | 3’15’’ | 4’20’’ | 5’26’’ |

**Nom et prénom : PHILIPPE J.**

**Test réalisé le : 25 Mars 2019 Palier 11/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 13,600 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’12’’ | 14,280 |
| **100%** | 4’24’’ | 13,600 |
| **95%** | 4’38’’ | 12,920 |
| **90%** | 4’54’’ | 12,240 |
| **85%** | 5’11’’ | 11,560 |
| **80%** | 5’30’’ | 10,880 |
| **75%** | 5’52’’ | 10,200 |
| **70%** | 6’18’’ | 9,520 |
| **65%** | 6’47’’ | 8,840 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 22’’ | 44’’ | 1’06’’ | 1’28’’ | 1’50’’ | 2’12’’ | 2’56’’ | 3’40’’ |
| **115%** | **-** | 23’’ | 46’’ | 1’09’’ | 1’32’’ | 1’55’’ | 2’18’’ | 3’04’’ | 3'50’’ |
| **110%** | **-** | 24’’ | 48’’ | 1’12’’ | 1’36’’ | 2’00’’ | 2’24’’ | 3’12’’ | 4’00’’ |
| **105%** | 122m | 25’’ | 50’’ | 1’15’’ | 1’41’’ | 2’06’’ | 2’31’’ | 3’21’’ | 4’12’’ |
| **100%** | **116m** | **26’’** | **53’’** | **1’19’’** | **1’45’’** | **2’12’’** | **2’38’’** | **3’31’’** | **4’24’’** |
| **95%** | - | 28’’ | 55’’ | 1’23’’ | 1’51’’ | 2’19’’ | 2’47’’ | 3’42’’ | 4’38’’ |
| **90%** | - | 29’’ | 59’’ | 1’28’’ | 1’57’’ | 2’27’’ | 2’56’’ | 3’55’’ | 4’54’’ |
| **85%** | - | 31’’ | 1’02’’ | 1’33’’ | 2’04’’ | 2’35’’ | 3’06’’ | 4’08’’ | 5’11’’ |
| **80%** |  | 33’’ | 1’06’’ | 1’39’’ | 2’12’’ | 2’45’’ | 3’18’’ | 4’25’’ | 5’30’’ |

**Nom et prénom : JEAN-LUC C.**

**Test réalisé le : 25 Mars 2019 Palier 10/45**

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| --- | --- | --- |
| **VMA à 13,400 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’16’’ | 14,070 |
| **100%** | 4’29’’ | 13,400 |
| **95%** | 4’43’’ | 12,730 |
| **90%** | 4’58’’ | 12,060, |
| **85%** | 5’16’’ | 11,390 |
| **80%** | 5’36’’ | 10,720 |
| **75%** | 5’58’’ | 10,050 |
| **70%** | 6’23’’ | 9,380 |
| **65%** | 6’53’’ | 8,710 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

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|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 22’’ | 44’’ | 1’06’’ | 1’29’’ | 1’41’’ | 2'13’’ | 2’58’’ | 3’43’’ |
| **115%** | **-** | 23’’ | 46’’ | 1’10’’ | 1’33’’ | 1’56’’ | 2’20’’ | 3’06’’ | 3’53’’ |
| **110%** | **-** | 24’’ | 49’’ | 1’13’’ | 1’40’’ | 2’02’’ | 2’26’’ | 3’15’’ | 4’04’’ |
| **105%** | 120m | 25’’ | 51’’ | 1’17’’ | 1’42’’ | 2’08’’ | 2’33’’ | 3’25’’ | 4’16’’ |
| **100%** | **112m** | **27’’** | **54’’** | **1’21’’** | **1’47’’** | **2’14’’** | **2’41’’** | **3’35’’** | **4’29’’** |
| **95%** | - | 28’’ | 56’’ | 1’25’’ | 1’53’’ | 2’21’’ | 2’50’’ | 3’46’’ | 4’43’’ |
| **90%** | - | 30’’ | 1’00’’ | 1’15’’ | 1’59’’ | 2’29’’ | 2’59’’ | 3’59’’ | 4’58’’ |
| **85%** | - | 32’’ | 1’03’’ | 1’35’’ | 2’09’’ | 2’38’’ | 3’10’’ | 4’13’’ | 5’16’’ |
| **80%** |  | 33’’ | 1’07’’ | 1’40’’ | 2’14’’ | 2’48’’ | 3’21’’ | 4’28’’ | 5’36’’ |

**Nom et prénom : CEDRIC C.**

**Test réalisé le : 25 Mars 2019 Palier 9/30**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,800 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’27’’ | 13,440 |
| **100%** | **4’41’’** | **12,800** |
| **95%** | 4’56’’ | 12,160 |
| **90%** | 5’12’’ | 11,520 |
| **85%** | 5’30’’ | 10,880 |
| **80%** | 5’51’’ | 10,240 |
| **75%** | 6’15’’ | 9,600 |
| **70%** | 6’41’’ | 8,960 |
| **65%** | 7’12’’ | 8,320 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 23’’5 | 47’’ | 1’10’’ | 1’33’’ | 1’57’’ | 2’20’’ | 3’07’’ | 3’54’’ |
| **115%** | **-** | 24’’ | 49’’ | 1’13’’ | 1’37’’ | 2’02’’ | 2’26’’ | 3’15’’ | 4’04’’ |
| **110%** | **-** | 25’’ | 51’’ | 1’16’’ | 1’42’’ | 2’07’’ | 2’32’’ | 3’24’’ | 4’15’’ |
| **105%** | 113 m | 27’’ | 53’’ | 1’20’’ | 1’47’’ | 2’13’’ | 2’40’’ | 3’34’’ | 4’27’’ |
| **100%** | **107 m** | **28’’** | **56’’** | **1’24’’** | **1’53’’** | **2’21’’** | **2’49’’** | **3’45’’** | **4’41’’** |
| **95%** | - | 29’’ | 59’’ | 1’28’’ | 1’58’’ | 2’28’’ | 2’57’’ | 3’57’’ | 4’56’’ |
| **90%** | - | 31’’ | 1’02’’ | 1’34’’ | 2'05’’ | 2’36’’ | 3’07’’ | 4’10’’ | 5’12’’ |
| **85%** | - | 33’’ | 1’06’’ | 1’39’’ | 2’12’’ | 2’45’’ | 3’18’’ | 4’24’’ | 5’30’’ |
| **80%** | - | 35’’ | 1’10’’ | 1’45’’ | 2’20’’ | 2’55’’ | 3’30’’ | 4’41’’ | 5’51’’ |

**Nom et prénom : NATASHA L.**

**Test réalisé le : 25 Mars 2019 Palier 9/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,600 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’32’’ | 13,230 |
| **100%** | **4’46’’** | **12,600** |
| **95%** | 5’00’’ | 11,970 |
| **90%** | 5’17’’ | 11,340 |
| **85%** | 5’36’’ | 10,710 |
| **80%** | 5’57’’ | 10,080 |
| **75%** | 6’21’’ | 9,450 |
| **70%** | 6’48’’ | 8,820 |
| **65%** | 7’19’’ | 8,190 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’11’’ | 3’58’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’14’’ | 1’39’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’08’’ |
| **110%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’27’’ | 4’19’’ |
| **105%** | 112 m | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’32’’ |
| **100%** | **106 m** | **28’’** | **57’’** | **1’26’’** | **1’54’’** | **2’23’’** | **2’52’’** | **3’49’’** | **4’46’’** |
| **95%** | - | 30’’ | 1’ | 1’30’’ | 2’ | 2’30’’ | 3’ | 4’ | 5’ |
| **90%** | - | 32’’ | 1’03’’ | 1’35’’ | 2’07’’ | 2’39’’ | 3’11’’ | 4’14’ | 5’17’’ |
| **85%** | - | 33’’ | 1’07’’ | 1’41’’ | 2’14’’ | 2’48’’ | 3’21’’ | 4’28’’ | 5’36’’ |
| **80%** | - | 35’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’58’’ | 3’34’’ | 4’45’’ | 5’57’’ |

**Nom et prénom : MERYLINE**

**Test réalisé le : 25 Mars 2019 Palier 9/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,600 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’32’’ | 13,230 |
| **100%** | **4’46’’** | **12,600** |
| **95%** | 5’00’’ | 11,970 |
| **90%** | 5’17’’ | 11,340 |
| **85%** | 5’36’’ | 10,710 |
| **80%** | 5’57’’ | 10,080 |
| **75%** | 6’21’’ | 9,450 |
| **70%** | 6’48’’ | 8,820 |
| **65%** | 7’19’’ | 8,190 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’11’’ | 3’58’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’14’’ | 1’39’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’08’’ |
| **110%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’27’’ | 4’19’’ |
| **105%** | 112 m | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’32’’ |
| **100%** | **106 m** | **28’’** | **57’’** | **1’26’’** | **1’54’’** | **2’23’’** | **2’52’’** | **3’49’’** | **4’46’’** |
| **95%** | - | 30’’ | 1’ | 1’30’’ | 2’ | 2’30’’ | 3’ | 4’ | 5’ |
| **90%** | - | 32’’ | 1’03’’ | 1’35’’ | 2’07’’ | 2’39’’ | 3’11’’ | 4’14’ | 5’17’’ |
| **85%** | - | 33’’ | 1’07’’ | 1’41’’ | 2’14’’ | 2’48’’ | 3’21’’ | 4’28’’ | 5’36’’ |
| **80%** | - | 35’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’58’’ | 3’34’’ | 4’45’’ | 5’57’’ |

**Nom et prénom : BABETH**

**Test réalisé le : 25 Mars 2019 Palier 9/15**

|  |  |  |
| --- | --- | --- |
| **VMA à 12,600 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 4’32’’ | 13,230 |
| **100%** | **4’46’’** | **12,600** |
| **95%** | 5’00’’ | 11,970 |
| **90%** | 5’17’’ | 11,340 |
| **85%** | 5’36’’ | 10,710 |
| **80%** | 5’57’’ | 10,080 |
| **75%** | 6’21’’ | 9,450 |
| **70%** | 6’48’’ | 8,820 |
| **65%** | 7’19’’ | 8,190 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 24’’ | 48’’ | 1’11’’ | 1’35’’ | 1’59’’ | 2’23’’ | 3’11’’ | 3’58’’ |
| **115%** | **-** | 25’’ | 50’’ | 1’14’’ | 1’39’’ | 2’04’’ | 2’29’’ | 3’18’’ | 4’08’’ |
| **110%** | **-** | 26’’ | 52’’ | 1’18’’ | 1’43’’ | 2’09’’ | 2’35’’ | 3’27’’ | 4’19’’ |
| **105%** | 112 m | 27’’ | 54’’ | 1’21’’ | 1’48’’ | 2’15’’ | 2’42’’ | 3’37’’ | 4’32’’ |
| **100%** | **106 m** | **28’’** | **57’’** | **1’26’’** | **1’54’’** | **2’23’’** | **2’52’’** | **3’49’’** | **4’46’’** |
| **95%** | - | 30’’ | 1’ | 1’30’’ | 2’ | 2’30’’ | 3’ | 4’ | 5’ |
| **90%** | - | 32’’ | 1’03’’ | 1’35’’ | 2’07’’ | 2’39’’ | 3’11’’ | 4’14’ | 5’17’’ |
| **85%** | - | 33’’ | 1’07’’ | 1’41’’ | 2’14’’ | 2’48’’ | 3’21’’ | 4’28’’ | 5’36’’ |
| **80%** | - | 35’’ | 1’11’’ | 1’47’’ | 2’23’’ | 2’58’’ | 3’34’’ | 4’45’’ | 5’57’’ |

**Nom et prénom : NATHALIE L.**

**Test réalisé le : 25 Mars 2019 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique 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’’ |

**Nom et prénom : FREDERIQUE M.**

**Test réalisé le : 25 Mars 2019 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 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique 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’’ |

**Nom et prénom : ELISABETH**

**Test réalisé le : 25 Mars 2019 Palier 6/00**

|  |  |  |
| --- | --- | --- |
| **VMA à 11,000 km/h** | | |
| **% VMA** | **Temps au km** | **Vitesse km/h** |
| **105%** | 5’13’’ | 11,550 |
| **100%** | **5’27’’** | **11,000** |
| **95%** | 5’44’’ | 10,450 |
| **90%** | 6’03’’ | 9,900 |
| **85%** | 6’25’’ | 9,350 |
| **80%** | 6’49’’ | 8,800 |
| **75%** | 7’16’’ | 8,250 |
| **70%** | 7’47’’ | 7,700 |
| **65%** | 8’23’’ | 7,150 |
| **Spécifique 10 km** |  |  |
| **Spécifique Semi-Marathon** |  |  |
| **Spécifique Marathon** |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **30’’** | **100** | **200** | **300** | **400** | **500** | **600** | **800** | **1000** |
| **120%** | **-** | 27’’ | 54’’ | 1’21’’ | 1’49’’ | 2’16’’ | 2’43’’ | 3’38’’ | 4’32’’ |
| **115%** | **-** | 28’’ | 56’’ | 1’25’’ | 1’53’’ | 2’22’’ | 2’50’’ | 3’47’’ | 4’44’’ |
| **110%** | **-** | 29’’ | 59’’ | 1’29’’ | 1’58’’ | 2’28’’ | 2’58’’ | 3’57’’ | 4’57’’ |
| **105%** | 96m | 31’’ | 1’02’’ | 1’33’’ | 2’05’’ | 2’36’’ | 3’08’’ | 4’10’’ | 5’13’’ |
| **100%** | **92m** | **32’’** | **1’05’’** | **1’38’’** | **2’11’’** | **2’43’’** | **3’16’’** | **4’21’’** | **5’27’’** |
| **95%** | - | 34’’ | 1’09’’ | 1’43’’ | 2’17’’ | 2’52’’ | 3’26’’ | 4’35’’ | 5’44’’ |
| **90%** | - | 36’’ | 1’12’’ | 1’48’’ | 2’25’’ | 3’01’’ | 3’37’’ | 4’50’’ | 6’03’’ |
| **85%** | - | 38’’ | 1’17’’ | 1’55’’ | 2’34’’ | 3’12’’ | 3’51’’ | 5’08’’ | 6’25’’ |
| **80%** | - | 41’’ | 1’22’’ | 2’02’’ | 2’43’’ | 3’24’’ | 4’05’’ | 5’27’’ | 6’49’’ |