



Nom	Prénom	VMA
Rivallain	Matthieu	17,9
Huel	Clément	17,25
Rannou	Olivia	17,7
Dos Santos	Quentin	18,3
Hervé	Aurélien	16
Hervé	Goulvann	17,4
Rannou	m	17
Burgaentzlen	Matthis	19,4
Laille zurek	Charlotte	12,5
Therouanne	Matthieu	17
Masson	Jean Michel	19
Casula	Sébastien	19
Leclélon	Pierre	18,6

Distance					
100m					
80%	90%	100%	105%	110%	
00:25	00:22	00:20	00:19	00:18	
00:26	00:23	00:21	00:20	00:19	
00:25	00:23	00:20	00:19	00:18	
00:25	00:22	00:20	00:19	00:18	
00:28	00:25	00:23	00:21	00:20	
00:26	00:23	00:21	00:20	00:19	
00:26	00:24	00:21	00:20	00:19	
00:23	00:21	00:19	00:18	00:17	
00:36	00:32	00:29	00:27	00:26	
00:26	00:24	00:21	00:20	00:19	
03:57	03:43	03:31	03:19	03:09	
00:24	00:21	00:19	00:18	00:17	
00:24	00:22	00:19	00:18	00:18	

Distance					
200m					
80%	90%	100%	105%	110%	
00:50	00:45	00:40	00:38	00:37	
00:52	00:46	00:42	00:40	00:38	
00:51	00:45	00:41	00:39	00:37	
00:49	00:44	00:39	00:37	00:36	
00:56	00:50	00:45	00:43	00:41	
00:52	00:46	00:41	00:39	00:38	
00:53	00:47	00:42	00:40	00:39	
00:46	00:41	00:37	00:35	00:34	
01:12	01:04	00:58	00:55	00:52	
00:53	00:47	00:42	00:40	00:39	
07:54	07:26	07:01	06:39	06:19	
00:47	00:42	00:38	00:36	00:34	
00:48	00:43	00:39	00:37	00:35	

Distance					
300m					
80%	90%	100%	105%	110%	
01:15	01:07	01:00	00:57	00:55	
01:18	01:10	01:03	01:00	00:57	
01:16	01:08	01:01	00:58	00:55	
01:14	01:06	00:59	00:56	00:54	
01:24	01:15	01:07	01:04	01:01	
01:18	01:09	01:02	00:59	00:56	
01:19	01:11	01:04	01:01	00:58	
01:10	01:02	00:56	00:53	00:51	
01:48	01:36	01:26	01:22	01:19	
01:19	01:11	01:04	01:01	00:58	
11:51	11:09	10:32	09:58	09:28	
01:11	01:03	00:57	00:54	00:52	
01:13	01:05	00:58	00:55	00:53	

Distance					
400m					
80%	90%	100%	105%	110%	
01:41	01:29	01:20	01:17	01:13	
01:44	01:33	01:23	01:20	01:16	
01:42	01:30	01:21	01:17	01:14	
01:38	01:27	01:19	01:15	01:12	
01:52	01:40	01:30	01:26	01:22	
01:43	01:32	01:23	01:19	01:15	
01:46	01:34	01:25	01:21	01:17	
01:33	01:22	01:14	01:11	01:07	
02:24	02:08	01:55	01:50	01:45	
01:46	01:34	01:25	01:21	01:17	
01:35	01:24	01:16	01:12	01:09	
01:37	01:26	01:17	01:14	01:10	

Distance					
500m					
80%	90%	100%	105%	110%	
02:06	01:52	01:41	01:36	01:31	
02:10	01:56	01:44	01:39	01:35	
02:07	01:53	01:42	01:37	01:32	
02:03	01:49	01:38	01:34	01:29	
02:21	02:05	01:52	01:47	01:42	
02:09	01:55	01:43	01:39	01:34	
02:12	01:58	01:46	01:41	01:36	
01:56	01:43	01:33	01:28	01:24	
03:00	02:40	02:24	02:17	02:11	
02:12	01:58	01:46	01:41	01:36	
01:58	01:45	01:35	01:30	01:26	
02:01	01:48	01:37	01:32	01:28	



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Laille zurek	Charlotte	12,5
Therouanne	Matthieu	17
Masson	Jean Michel	19
Casula	Sébastien	19
Leclélon	Pierre	18,6

Distance					
1000m					
80%	85%	90%	95%	100%	
04:11	03:57	03:43	03:32	03:21	
04:21	04:06	03:52	03:40	03:29	
04:14	03:59	03:46	03:34	03:23	
04:06	03:51	03:39	03:27	03:17	
04:41	04:25	04:10	03:57	03:45	
04:19	04:03	03:50	03:38	03:27	
04:25	04:09	03:55	03:43	03:32	
03:52	03:38	03:26	03:15	03:06	
06:00	05:39	05:20	05:03	04:48	
04:25	04:09	03:55	03:43	03:32	
03:57	03:43	03:31	03:19	03:09	
03:57	03:43	03:31	03:19	03:09	
04:02	03:48	03:35	03:24	03:14	

Distance					
2000m					
80%	85%	90%	95%	100%	
08:23	07:53	07:27	07:03	06:42	
08:42	08:11	07:44	07:19	06:57	
08:28	07:59	07:32	07:08	06:47	
08:12	07:43	07:17	06:54	06:33	
09:22	08:49	08:20	07:54	07:30	
08:37	08:07	07:40	07:16	06:54	
08:49	08:18	07:51	07:26	07:04	
07:44	07:17	06:52	06:31	06:11	
12:00	11:18	10:40	10:06	09:36	
08:49	08:18	07:51	07:26	07:04	
07:54	07:26	07:01	06:39	06:19	
07:54	07:26	07:01	06:39	06:19	
08:04	07:35	07:10	06:47	06:27	

Distance					
3000m					
80%	85%	90%	95%	100%	
12:34	11:50	11:10	10:35	10:03	
13:03	12:17	11:36	10:59	10:26	
12:43	11:58	11:18	10:42	10:10	
12:18	11:34	10:56	10:21	09:50	
14:04	13:14	12:30	11:51	11:15	
12:56	12:10	11:30	10:53	10:21	
13:14	12:27	11:46	11:09	10:35	
11:36	10:55	10:19	09:46	09:17	
18:00	16:56	16:00	15:09	14:24	
13:14	12:27	11:46	11:09	10:35	
11:51	11:09	10:32	09:58	09:28	
11:51	11:09	10:32	09:58	09:28	
12:06	11:23	10:45	10:11	09:41	