

TABLEAU VMA LE 11/10/2022 ALEXANNE.M

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,8	04:03	0:44:27	0:47:04	1:37:00	1:45:00
95%	14,1	04:15	0:46:47	0:49:33	1:42:06	1:50:32
90%	13,3	04:30	0:49:23	0:52:18	1:47:47	1:56:40
85%	12,6	04:45	0:52:18	0:55:22	1:54:07	2:03:32
80%	11,8	05:03	0:55:34	0:58:50	2:01:15	2:11:15
75%	11,1	05:24	0:59:16	1:02:45	2:09:20	2:20:00
70%	10,4	05:47	1:03:30	1:07:14	2:18:34	2:30:00
65%	9,6	06:13	1:08:23	1:12:25	2:29:14	2:41:32
60%	8,9	06:45	1:14:05	1:18:27	2:41:40	2:55:00
55%	8,1	07:21	1:20:49	1:25:35	2:56:22	3:10:55
50%	7,4	08:06	1:28:54	1:34:08	3:14:00	3:30:00
45%	6,7	09:00	1:38:47	1:44:36	3:35:33	3:53:20
40%	5,9	10:07	1:51:08	1:57:40	4:02:30	4:22:30
35%	5,2	11:34	2:07:00	2:14:29	4:37:09	5:00:00
30%	4,4	13:30	2:28:10	2:36:53	5:23:20	5:50:00

TABLEAU VMA LE 11/10/2022 JEAN-MARC.S

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	15,8	03:47	0:41:40	0:44:05	1:31:00	1:39:00
95%	15,0	03:58	0:43:52	0:46:24	1:35:47	1:44:13
90%	14,2	04:12	0:46:18	0:48:59	1:41:07	1:50:00
85%	13,4	04:27	0:49:01	0:51:52	1:47:04	1:56:28
80%	12,6	04:43	0:52:05	0:55:06	1:53:45	2:03:45
75%	11,9	05:02	0:55:33	0:58:47	2:01:20	2:12:00
70%	11,1	05:24	0:59:31	1:02:59	2:10:00	2:21:26
65%	10,3	05:49	1:04:06	1:07:49	2:20:00	2:32:18
60%	9,5	06:18	1:09:27	1:13:28	2:31:40	2:45:00
55%	8,7	06:52	1:15:45	1:20:09	2:45:27	3:00:00
50%	7,9	07:34	1:23:20	1:28:10	3:02:00	3:18:00
45%	7,1	08:24	1:32:36	1:37:58	3:22:13	3:40:00
40%	6,3	09:27	1:44:10	1:50:13	3:47:30	4:07:30
35%	5,5	10:48	1:59:03	2:05:57	4:20:00	4:42:51
30%	4,7	12:36	2:18:53	2:26:57	5:03:20	5:30:00

TABLEAU VMA LE 11/10/2022 JOCELYNE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	12	03:47	0:41:40	0:44:05	1:31:00	1:39:00
95%	11,4	03:58	0:43:52	0:46:24	1:35:47	1:44:13
90%	10,8	04:12	0:46:18	0:48:59	1:41:07	1:50:00
85%	10,2	04:27	0:49:01	0:51:52	1:47:04	1:56:28
80%	9,6	04:43	0:52:05	0:55:06	1:53:45	2:03:45
75%	9,0	05:02	0:55:33	0:58:47	2:01:20	2:12:00
70%	8,4	05:24	0:59:31	1:02:59	2:10:00	2:21:26
65%	7,8	05:49	1:04:06	1:07:49	2:20:00	2:32:18
60%	7,2	06:18	1:09:27	1:13:28	2:31:40	2:45:00
55%	6,6	06:52	1:15:45	1:20:09	2:45:27	3:00:00
50%	6,0	07:34	1:23:20	1:28:10	3:02:00	3:18:00
45%	5,4	08:24	1:32:36	1:37:58	3:22:13	3:40:00
40%	4,8	09:27	1:44:10	1:50:13	3:47:30	4:07:30
35%	4,2	10:48	1:59:03	2:05:57	4:20:00	4:42:51
30%	3,6	12:36	2:18:53	2:26:57	5:03:20	5:30:00

TABLEAU VMA LE 11/10/2022 ELODIE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	13	04:36	0:51:15	0:54:20	1:52:00	2:01:45
95%	12,4	04:50	0:53:57	0:57:12	1:57:54	2:08:09
90%	11,7	05:06	0:56:57	1:00:22	2:04:27	2:15:17
85%	11,1	05:24	1:00:18	1:03:55	2:11:46	2:23:14
80%	10,4	05:45	1:04:04	1:07:55	2:20:00	2:32:11
75%	9,8	06:08	1:08:20	1:12:27	2:29:20	2:42:20
70%	9,1	06:34	1:13:13	1:17:37	2:40:00	2:53:56
65%	8,5	07:04	1:18:51	1:23:35	2:52:18	3:07:18
60%	7,8	07:40	1:25:25	1:30:33	3:06:40	3:22:55
55%	7,2	08:21	1:33:11	1:38:47	3:23:38	3:41:22
50%	6,5	09:12	1:42:30	1:48:40	3:44:00	4:03:30
45%	5,9	10:13	1:53:53	2:00:44	4:08:53	4:30:33
40%	5,2	11:30	2:08:08	2:15:50	4:40:00	5:04:23
35%	4,5	13:08	2:26:26	2:35:14	5:20:00	5:47:51
30%	3,9	15:20	2:50:50	3:01:07	6:13:20	6:45:50

TABLEAU VMA LE 11/10/2022 LAURENT.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,1	04:17	0:47:30	0:50:30	1:44:00	1:53:00
95%	13,4	04:30	0:50:00	0:53:09	1:49:28	1:58:57
90%	12,7	04:45	0:52:47	0:56:07	1:55:33	2:05:33
85%	12,0	05:02	0:55:53	0:59:25	2:02:21	2:12:56
80%	11,3	05:21	0:59:23	1:03:08	2:10:00	2:21:15
75%	10,6	05:42	1:03:20	1:07:20	2:18:40	2:30:40
70%	9,9	06:07	1:07:51	1:12:09	2:28:34	2:41:26
65%	9,2	06:35	1:13:05	1:17:42	2:40:00	2:53:51
60%	8,5	07:08	1:19:10	1:24:10	2:53:20	3:08:20
55%	7,8	07:47	1:26:22	1:31:49	3:09:05	3:25:27
50%	7,1	08:34	1:35:00	1:41:00	3:28:00	3:46:00
45%	6,3	09:31	1:45:33	1:52:13	3:51:07	4:11:07
40%	5,6	10:42	1:58:45	2:06:15	4:20:00	4:42:30
35%	4,9	12:14	2:15:43	2:24:17	4:57:09	5:22:51
30%	4,2	14:16	2:38:20	2:48:20	5:46:40	6:16:40

TABLEAU VMA LE 11/10/2022 PHILIPPE.C

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	16	03:45	0:41:40	0:44:05	1:31:00	1:39:00
95%	15,2	03:56	0:43:52	0:46:24	1:35:47	1:44:13
90%	14,4	04:10	0:46:18	0:48:59	1:41:07	1:50:00
85%	13,6	04:24	0:49:01	0:51:52	1:47:04	1:56:28
80%	12,8	04:41	0:52:05	0:55:06	1:53:45	2:03:45
75%	12,0	05:00	0:55:33	0:58:47	2:01:20	2:12:00
70%	11,2	05:21	0:59:31	1:02:59	2:10:00	2:21:26
65%	10,4	05:46	1:04:06	1:07:49	2:20:00	2:32:18
60%	9,6	06:15	1:09:27	1:13:28	2:31:40	2:45:00
55%	8,8	06:49	1:15:45	1:20:09	2:45:27	3:00:00
50%	8,0	07:30	1:23:20	1:28:10	3:02:00	3:18:00
45%	7,2	08:20	1:32:36	1:37:58	3:22:13	3:40:00
40%	6,4	09:22	1:44:10	1:50:13	3:47:30	4:07:30
35%	5,6	10:42	1:59:03	2:05:57	4:20:00	4:42:51
30%	4,8	12:30	2:18:53	2:26:57	5:03:20	5:30:00

TABLEAU VMA LE 11/10/2022 EMILIE.P

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	15,9	03:46	0:41:40	0:44:05	1:31:00	1:39:00
95%	15,1	03:57	0:43:52	0:46:24	1:35:47	1:44:13
90%	14,3	04:11	0:46:18	0:48:59	1:41:07	1:50:00
85%	13,5	04:25	0:49:01	0:51:52	1:47:04	1:56:28
80%	12,7	04:42	0:52:05	0:55:06	1:53:45	2:03:45
75%	11,9	05:01	0:55:33	0:58:47	2:01:20	2:12:00
70%	11,1	05:22	0:59:31	1:02:59	2:10:00	2:21:26
65%	10,3	05:47	1:04:06	1:07:49	2:20:00	2:32:18
60%	9,5	06:16	1:09:27	1:13:28	2:31:40	2:45:00
55%	8,7	06:50	1:15:45	1:20:09	2:45:27	3:00:00
50%	8,0	07:32	1:23:20	1:28:10	3:02:00	3:18:00
45%	7,2	08:22	1:32:36	1:37:58	3:22:13	3:40:00
40%	6,4	09:25	1:44:10	1:50:13	3:47:30	4:07:30
35%	5,6	10:45	1:59:03	2:05:57	4:20:00	4:42:51
30%	4,8	12:33	2:18:53	2:26:57	5:03:20	5:30:00

TABLEAU VMA LE 11/10/2022 HAMID.T

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	13,4	04:28	0:49:25	0:52:15	1:46:00	1:57:00
95%	12,7	04:42	0:52:01	0:55:00	1:51:35	2:03:09
90%	12,1	04:57	0:54:54	0:58:03	1:57:47	2:10:00
85%	11,4	05:15	0:58:08	1:01:28	2:04:42	2:17:39
80%	10,7	05:35	1:01:46	1:05:19	2:12:30	2:26:15
75%	10,1	05:57	1:05:53	1:09:40	2:21:20	2:36:00
70%	9,4	06:22	1:10:36	1:14:39	2:31:26	2:47:09
65%	8,7	06:52	1:16:02	1:20:23	2:43:05	3:00:00
60%	8,0	07:26	1:22:22	1:27:05	2:56:40	3:15:00
55%	7,4	08:07	1:29:51	1:35:00	3:12:44	3:32:44
50%	6,7	08:56	1:38:50	1:44:30	3:32:00	3:54:00
45%	6,0	09:55	1:49:49	1:56:07	3:55:33	4:20:00
40%	5,4	11:10	2:03:33	2:10:38	4:25:00	4:52:30
35%	4,7	12:45	2:21:11	2:29:17	5:02:51	5:34:17
30%	4,0	14:53	2:44:43	2:54:10	5:53:20	6:30:00

TABLEAU VMA LE 11/10/2022 STEPHANE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	15,1	04:00	0:44:25	0:47:00	1:37:00	1:45:30
95%	14,3	04:12	0:46:45	0:49:28	1:42:06	1:51:03
90%	13,6	04:26	0:49:21	0:52:13	1:47:47	1:57:13
85%	12,8	04:42	0:52:15	0:55:18	1:54:07	2:04:07
80%	12,1	05:00	0:55:31	0:58:45	2:01:15	2:11:53
75%	11,3	05:20	0:59:13	1:02:40	2:09:20	2:20:40
70%	10,6	05:42	1:03:27	1:07:09	2:18:34	2:30:43
65%	9,8	06:09	1:08:20	1:12:18	2:29:14	2:42:18
60%	9,1	06:40	1:14:02	1:18:20	2:41:40	2:55:50
55%	8,3	07:16	1:20:45	1:25:27	2:56:22	3:11:49
50%	7,6	08:00	1:28:50	1:34:00	3:14:00	3:31:00
45%	6,8	08:53	1:38:42	1:44:27	3:35:33	3:54:27
40%	6,0	10:00	1:51:03	1:57:30	4:02:30	4:23:45
35%	5,3	11:25	2:06:54	2:14:17	4:37:09	5:01:26
30%	4,5	13:20	2:28:03	2:36:40	5:23:20	5:51:40

TABLEAU VMA LE 11/10/2022 HERVE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	16,5	03:38	0:40:30	0:42:50	1:28:00	1:36:00
95%	15,7	03:49	0:42:38	0:45:05	1:32:38	1:41:03
90%	14,9	04:02	0:45:00	0:47:36	1:37:47	1:46:40
85%	14,0	04:16	0:47:39	0:50:24	1:43:32	1:52:56
80%	13,2	04:32	0:50:38	0:53:33	1:50:00	2:00:00
75%	12,4	04:50	0:54:00	0:57:07	1:57:20	2:08:00
70%	11,6	05:11	0:57:51	1:01:11	2:05:43	2:17:09
65%	10,7	05:35	1:02:18	1:05:54	2:15:23	2:27:42
60%	9,9	06:03	1:07:30	1:11:23	2:26:40	2:40:00
55%	9,1	06:36	1:13:38	1:17:53	2:40:00	2:54:33
50%	8,3	07:16	1:21:00	1:25:40	2:56:00	3:12:00
45%	7,4	08:04	1:30:00	1:35:11	3:15:33	3:33:20
40%	6,6	09:05	1:41:15	1:47:05	3:40:00	4:00:00
35%	5,8	10:22	1:55:43	2:02:23	4:11:26	4:34:17
30%	4,9	12:06	2:15:00	2:22:47	4:53:20	5:20:00

TABLEAU VMA LE 11/10/2022 HERVE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	16,9	03:33	0:39:15	0:41:30	1:25:30	1:33:00
95%	16,1	03:44	0:41:19	0:43:41	1:30:00	1:37:54
90%	15,2	03:56	0:43:37	0:46:07	1:35:00	1:43:20
85%	14,4	04:10	0:46:11	0:48:49	1:40:35	1:49:25
80%	13,5	04:26	0:49:04	0:51:53	1:46:53	1:56:15
75%	12,7	04:44	0:52:20	0:55:20	1:54:00	2:04:00
70%	11,8	05:04	0:56:04	0:59:17	2:02:09	2:12:51
65%	11,0	05:27	1:00:23	1:03:51	2:11:32	2:23:05
60%	10,1	05:55	1:05:25	1:09:10	2:22:30	2:35:00
55%	9,3	06:27	1:11:22	1:15:27	2:35:27	2:49:05
50%	8,5	07:06	1:18:30	1:23:00	2:51:00	3:06:00
45%	7,6	07:53	1:27:13	1:32:13	3:10:00	3:26:40
40%	6,8	08:52	1:38:08	1:43:45	3:33:45	3:52:30
35%	5,9	10:08	1:52:09	1:58:34	4:04:17	4:25:43
30%	5,1	11:50	2:10:50	2:18:20	4:45:00	5:10:00

TABLEAU VMA LE 11/10/2022 DAVID.B

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	17	03:31	0:39:15	0:41:30	1:25:30	1:33:00
95%	16,2	03:42	0:41:19	0:43:41	1:30:00	1:37:54
90%	15,3	03:54	0:43:37	0:46:07	1:35:00	1:43:20
85%	14,5	04:08	0:46:11	0:48:49	1:40:35	1:49:25
80%	13,6	04:23	0:49:04	0:51:53	1:46:53	1:56:15
75%	12,8	04:41	0:52:20	0:55:20	1:54:00	2:04:00
70%	11,9	05:01	0:56:04	0:59:17	2:02:09	2:12:51
65%	11,1	05:24	1:00:23	1:03:51	2:11:32	2:23:05
60%	10,2	05:51	1:05:25	1:09:10	2:22:30	2:35:00
55%	9,4	06:23	1:11:22	1:15:27	2:35:27	2:49:05
50%	8,5	07:02	1:18:30	1:23:00	2:51:00	3:06:00
45%	7,7	07:48	1:27:13	1:32:13	3:10:00	3:26:40
40%	6,8	08:47	1:38:08	1:43:45	3:33:45	3:52:30
35%	5,9	10:02	1:52:09	1:58:34	4:04:17	4:25:43
30%	5,1	11:43	2:10:50	2:18:20	4:45:00	5:10:00

TABLEAU VMA LE 11/10/2022 BASTIEN

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	17,4	03:26	0:38:06	0:40:20	1:23:00	1:30:30
95%	16,5	03:36	0:40:06	0:42:27	1:27:22	1:35:16
90%	15,7	03:48	0:42:20	0:44:49	1:32:13	1:40:33
85%	14,8	04:02	0:44:49	0:47:27	1:37:39	1:46:28
80%	13,9	04:17	0:47:38	0:50:25	1:43:45	1:53:08
75%	13,1	04:34	0:50:48	0:53:47	1:50:40	2:00:40
70%	12,2	04:54	0:54:26	0:57:37	1:58:34	2:09:17
65%	11,3	05:16	0:58:37	1:02:03	2:07:42	2:19:14
60%	10,4	05:43	1:03:30	1:07:13	2:18:20	2:30:50
55%	9,6	06:14	1:09:16	1:13:20	2:30:55	2:44:33
50%	8,7	06:52	1:16:12	1:20:40	2:46:00	3:01:00
45%	7,8	07:37	1:24:40	1:29:38	3:04:27	3:21:07
40%	7,0	08:35	1:35:15	1:40:50	3:27:30	3:46:15
35%	6,1	09:48	1:48:51	1:55:14	3:57:09	4:18:34
30%	5,2	11:26	2:07:00	2:14:27	4:36:40	5:01:40

TABLEAU VMA LE 11/10/2022 VINCENT.PH

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	17,1	03:30	0:39:15	0:41:30	1:25:30	1:33:00
95%	16,2	03:41	0:41:19	0:43:41	1:30:00	1:37:54
90%	15,4	03:53	0:43:37	0:46:07	1:35:00	1:43:20
85%	14,5	04:07	0:46:11	0:48:49	1:40:35	1:49:25
80%	13,7	04:22	0:49:04	0:51:53	1:46:53	1:56:15
75%	12,8	04:40	0:52:20	0:55:20	1:54:00	2:04:00
70%	12,0	05:00	0:56:04	0:59:17	2:02:09	2:12:51
65%	11,1	05:23	1:00:23	1:03:51	2:11:32	2:23:05
60%	10,3	05:50	1:05:25	1:09:10	2:22:30	2:35:00
55%	9,4	06:21	1:11:22	1:15:27	2:35:27	2:49:05
50%	8,6	07:00	1:18:30	1:23:00	2:51:00	3:06:00
45%	7,7	07:46	1:27:13	1:32:13	3:10:00	3:26:40
40%	6,8	08:45	1:38:08	1:43:45	3:33:45	3:52:30
35%	6,0	10:00	1:52:09	1:58:34	4:04:17	4:25:43
30%	5,1	11:40	2:10:50	2:18:20	4:45:00	5:10:00

TABLEAU VMA LE 11/10/2022 FRANCK.G

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	12	05:00	0:55:30	0:58:50	2:01:00	2:12:00
95%	11,4	05:15	0:58:25	1:01:56	2:07:22	2:18:57
90%	10,8	05:33	1:01:40	1:05:22	2:14:27	2:26:40
85%	10,2	05:52	1:05:18	1:09:13	2:22:21	2:35:18
80%	9,6	06:15	1:09:23	1:13:33	2:31:15	2:45:00
75%	9,0	06:40	1:14:00	1:18:27	2:41:20	2:56:00
70%	8,4	07:08	1:19:17	1:24:03	2:52:51	3:08:34
65%	7,8	07:41	1:25:23	1:30:31	3:06:09	3:23:05
60%	7,2	08:20	1:32:30	1:38:03	3:21:40	3:40:00
55%	6,6	09:05	1:40:55	1:46:58	3:40:00	4:00:00
50%	6,0	10:00	1:51:00	1:57:40	4:02:00	4:24:00
45%	5,4	11:06	2:03:20	2:10:44	4:28:53	4:53:20
40%	4,8	12:30	2:18:45	2:27:05	5:02:30	5:30:00
35%	4,2	14:17	2:38:34	2:48:06	5:45:43	6:17:09
30%	3,6	16:40	3:05:00	3:16:07	6:43:20	7:20:00

TABLEAU VMA LE 11/10/2022 AUDE.B

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	12,3	04:52	0:54:00	0:57:00	2:01:00	2:11:00
95%	11,7	05:07	0:56:51	1:00:00	2:07:22	2:17:54
90%	11,1	05:24	1:00:00	1:03:20	2:14:27	2:25:33
85%	10,5	05:43	1:03:32	1:07:04	2:22:21	2:34:07
80%	9,8	06:05	1:07:30	1:11:15	2:31:15	2:43:45
75%	9,2	06:29	1:12:00	1:16:00	2:41:20	2:54:40
70%	8,6	06:57	1:17:09	1:21:26	2:52:51	3:07:09
65%	8,0	07:29	1:23:05	1:27:42	3:06:09	3:21:32
60%	7,4	08:06	1:30:00	1:35:00	3:21:40	3:38:20
55%	6,8	08:50	1:38:11	1:43:38	3:40:00	3:58:11
50%	6,2	09:44	1:48:00	1:54:00	4:02:00	4:22:00
45%	5,5	10:48	2:00:00	2:06:40	4:28:53	4:51:07
40%	4,9	12:10	2:15:00	2:22:30	5:02:30	5:27:30
35%	4,3	13:54	2:34:17	2:42:51	5:45:43	6:14:17
30%	3,7	16:13	3:00:00	3:10:00	6:43:20	7:16:40

TABLEAU VMA LE 11/10/2022 STERENN.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	12,1	05:00	0:55:30	0:58:45	2:03:00	2:13:00
95%	11,5	05:15	0:58:25	1:01:51	2:09:28	2:20:00
90%	10,9	05:33	1:01:40	1:05:17	2:16:40	2:27:47
85%	10,3	05:52	1:05:18	1:09:07	2:24:42	2:36:28
80%	9,7	06:15	1:09:23	1:13:26	2:33:45	2:46:15
75%	9,1	06:40	1:14:00	1:18:20	2:44:00	2:57:20
70%	8,5	07:08	1:19:17	1:23:56	2:55:43	3:10:00
65%	7,9	07:41	1:25:23	1:30:23	3:09:14	3:24:37
60%	7,3	08:20	1:32:30	1:37:55	3:25:00	3:41:40
55%	6,7	09:05	1:40:55	1:46:49	3:43:38	4:01:49
50%	6,1	10:00	1:51:00	1:57:30	4:06:00	4:26:00
45%	5,4	11:06	2:03:20	2:10:33	4:33:20	4:55:33
40%	4,8	12:30	2:18:45	2:26:53	5:07:30	5:32:30
35%	4,2	14:17	2:38:34	2:47:51	5:51:26	6:20:00
30%	3,6	16:40	3:05:00	3:15:50	6:50:00	7:23:20

TABLEAU VMA LE 11/10/2022 CLAUDE.L

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	13,8	04:20	0:47:40	0:51:00	1:47:00	1:55:00
95%	13,1	04:33	0:50:11	0:53:41	1:52:38	2:01:03
90%	12,4	04:48	0:52:58	0:56:40	1:58:53	2:07:47
85%	11,7	05:05	0:56:05	1:00:00	2:05:53	2:15:18
80%	11,0	05:25	0:59:35	1:03:45	2:13:45	2:23:45
75%	10,4	05:46	1:03:33	1:08:00	2:22:40	2:33:20
70%	9,7	06:11	1:08:06	1:12:51	2:32:51	2:44:17
65%	9,0	06:40	1:13:20	1:18:28	2:44:37	2:56:55
60%	8,3	07:13	1:19:27	1:25:00	2:58:20	3:11:40
55%	7,6	07:52	1:26:40	1:32:44	3:14:33	3:29:05
50%	6,9	08:40	1:35:20	1:42:00	3:34:00	3:50:00
45%	6,2	09:37	1:45:56	1:53:20	3:57:47	4:15:33
40%	5,5	10:50	1:59:10	2:07:30	4:27:30	4:47:30
35%	4,8	12:22	2:16:11	2:25:43	5:05:43	5:28:34
30%	4,1	14:26	2:38:53	2:50:00	5:56:40	6:23:20

TABLEAU VMA LE 11/10/2022 CATHERINE.G

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	13,8	04:20	0:47:40	0:51:00	1:47:00	1:55:00
95%	13,1	04:33	0:50:11	0:53:41	1:52:38	2:01:03
90%	12,4	04:48	0:52:58	0:56:40	1:58:53	2:07:47
85%	11,7	05:05	0:56:05	1:00:00	2:05:53	2:15:18
80%	11,0	05:25	0:59:35	1:03:45	2:13:45	2:23:45
75%	10,4	05:46	1:03:33	1:08:00	2:22:40	2:33:20
70%	9,7	06:11	1:08:06	1:12:51	2:32:51	2:44:17
65%	9,0	06:40	1:13:20	1:18:28	2:44:37	2:56:55
60%	8,3	07:13	1:19:27	1:25:00	2:58:20	3:11:40
55%	7,6	07:52	1:26:40	1:32:44	3:14:33	3:29:05
50%	6,9	08:40	1:35:20	1:42:00	3:34:00	3:50:00
45%	6,2	09:37	1:45:56	1:53:20	3:57:47	4:15:33
40%	5,5	10:50	1:59:10	2:07:30	4:27:30	4:47:30
35%	4,8	12:22	2:16:11	2:25:43	5:05:43	5:28:34
30%	4,1	14:26	2:38:53	2:50:00	5:56:40	6:23:20

TABLEAU VMA LE 11/10/2022 MYRIAM.C

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14	04:17	0:47:30	0:50:25	1:44:00	1:53:00
95%	13,3	04:30	0:50:00	0:53:04	1:49:28	1:58:57
90%	12,6	04:45	0:52:47	0:56:01	1:55:33	2:05:33
85%	11,9	05:02	0:55:53	0:59:19	2:02:21	2:12:56
80%	11,2	05:21	0:59:23	1:03:01	2:10:00	2:21:15
75%	10,5	05:42	1:03:20	1:07:13	2:18:40	2:30:40
70%	9,8	06:07	1:07:51	1:12:01	2:28:34	2:41:26
65%	9,1	06:35	1:13:05	1:17:34	2:40:00	2:53:51
60%	8,4	07:08	1:19:10	1:24:02	2:53:20	3:08:20
55%	7,7	07:47	1:26:22	1:31:40	3:09:05	3:25:27
50%	7,0	08:34	1:35:00	1:40:50	3:28:00	3:46:00
45%	6,3	09:31	1:45:33	1:52:02	3:51:07	4:11:07
40%	5,6	10:42	1:58:45	2:06:03	4:20:00	4:42:30
35%	4,9	12:14	2:15:43	2:24:03	4:57:09	5:22:51
30%	4,2	14:16	2:38:20	2:48:03	5:46:40	6:16:40

TABLEAU VMA LE 11/10/2022 MYRIAM.C

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	12,8	04:41	0:52:30	0:55:00	1:55:00	2:04:00
95%	12,2	04:55	0:55:16	0:57:54	2:01:03	2:10:32
90%	11,5	05:12	0:58:20	1:01:07	2:07:47	2:17:47
85%	10,9	05:30	1:01:46	1:04:42	2:15:18	2:25:53
80%	10,2	05:51	1:05:38	1:08:45	2:23:45	2:35:00
75%	9,6	06:14	1:10:00	1:13:20	2:33:20	2:45:20
70%	9,0	06:41	1:15:00	1:18:34	2:44:17	2:57:09
65%	8,3	07:12	1:20:46	1:24:37	2:56:55	3:10:46
60%	7,7	07:48	1:27:30	1:31:40	3:11:40	3:26:40
55%	7,0	08:30	1:35:27	1:40:00	3:29:05	3:45:27
50%	6,4	09:22	1:45:00	1:50:00	3:50:00	4:08:00
45%	5,8	10:24	1:56:40	2:02:13	4:15:33	4:35:33
40%	5,1	11:42	2:11:15	2:17:30	4:47:30	5:10:00
35%	4,5	13:22	2:30:00	2:37:09	5:28:34	5:54:17
30%	3,8	15:36	2:55:00	3:03:20	6:23:20	6:53:20

TABLEAU VMA LE 11/10/2022 MARIA

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	13,7	04:22	0:47:40	0:51:00	1:47:00	1:55:00
95%	13,0	04:35	0:50:11	0:53:41	1:52:38	2:01:03
90%	12,3	04:51	0:52:58	0:56:40	1:58:53	2:07:47
85%	11,6	05:08	0:56:05	1:00:00	2:05:53	2:15:18
80%	11,0	05:27	0:59:35	1:03:45	2:13:45	2:23:45
75%	10,3	05:49	1:03:33	1:08:00	2:22:40	2:33:20
70%	9,6	06:14	1:08:06	1:12:51	2:32:51	2:44:17
65%	8,9	06:43	1:13:20	1:18:28	2:44:37	2:56:55
60%	8,2	07:16	1:19:27	1:25:00	2:58:20	3:11:40
55%	7,5	07:56	1:26:40	1:32:44	3:14:33	3:29:05
50%	6,9	08:44	1:35:20	1:42:00	3:34:00	3:50:00
45%	6,2	09:42	1:45:56	1:53:20	3:57:47	4:15:33
40%	5,5	10:55	1:59:10	2:07:30	4:27:30	4:47:30
35%	4,8	12:28	2:16:11	2:25:43	5:05:43	5:28:34
30%	4,1	14:33	2:38:53	2:50:00	5:56:40	6:23:20

TABLEAU VMA LE 11/10/2022 Jocelyn Vargas

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,4	04:10	0:46:00	0:48:45	1:40:30	1:49:15
95%	13,7	04:23	0:48:25	0:51:19	1:45:47	1:55:00
90%	13,0	04:37	0:51:07	0:54:10	1:51:40	2:01:23
85%	12,2	04:54	0:54:07	0:57:21	1:58:14	2:08:32
80%	11,5	05:12	0:57:30	1:00:56	2:05:38	2:16:34
75%	10,8	05:33	1:01:20	1:05:00	2:14:00	2:25:40
70%	10,1	05:57	1:05:43	1:09:39	2:23:34	2:36:04
65%	9,4	06:24	1:10:46	1:15:00	2:34:37	2:48:05
60%	8,6	06:56	1:16:40	1:21:15	2:47:30	3:02:05
55%	7,9	07:34	1:23:38	1:28:38	3:02:44	3:18:38
50%	7,2	08:20	1:32:00	1:37:30	3:21:00	3:38:30
45%	6,5	09:15	1:42:13	1:48:20	3:43:20	4:02:47
40%	5,8	10:25	1:55:00	2:01:53	4:11:15	4:33:08
35%	5,0	11:54	2:11:26	2:19:17	4:47:09	5:12:09
30%	4,3	13:53	2:33:20	2:42:30	5:35:00	6:04:10

TABLEAU VMA LE 11/10/2022 MORGANE.S

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,5	04:08	0:46:00	0:48:45	1:40:30	1:49:15
95%	13,8	04:21	0:48:25	0:51:19	1:45:47	1:55:00
90%	13,1	04:35	0:51:07	0:54:10	1:51:40	2:01:23
85%	12,3	04:51	0:54:07	0:57:21	1:58:14	2:08:32
80%	11,6	05:10	0:57:30	1:00:56	2:05:38	2:16:34
75%	10,9	05:30	1:01:20	1:05:00	2:14:00	2:25:40
70%	10,2	05:54	1:05:43	1:09:39	2:23:34	2:36:04
65%	9,4	06:21	1:10:46	1:15:00	2:34:37	2:48:05
60%	8,7	06:53	1:16:40	1:21:15	2:47:30	3:02:05
55%	8,0	07:30	1:23:38	1:28:38	3:02:44	3:18:38
50%	7,3	08:16	1:32:00	1:37:30	3:21:00	3:38:30
45%	6,5	09:11	1:42:13	1:48:20	3:43:20	4:02:47
40%	5,8	10:20	1:55:00	2:01:53	4:11:15	4:33:08
35%	5,1	11:48	2:11:26	2:19:17	4:47:09	5:12:09
30%	4,3	13:46	2:33:20	2:42:30	5:35:00	6:04:10

TABLEAU VMA LE 11/10/2022 CARL.G

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,5	04:08	0:46:00	0:48:45	1:40:30	1:49:15
95%	13,8	04:21	0:48:25	0:51:19	1:45:47	1:55:00
90%	13,1	04:35	0:51:07	0:54:10	1:51:40	2:01:23
85%	12,3	04:51	0:54:07	0:57:21	1:58:14	2:08:32
80%	11,6	05:10	0:57:30	1:00:56	2:05:38	2:16:34
75%	10,9	05:30	1:01:20	1:05:00	2:14:00	2:25:40
70%	10,2	05:54	1:05:43	1:09:39	2:23:34	2:36:04
65%	9,4	06:21	1:10:46	1:15:00	2:34:37	2:48:05
60%	8,7	06:53	1:16:40	1:21:15	2:47:30	3:02:05
55%	8,0	07:30	1:23:38	1:28:38	3:02:44	3:18:38
50%	7,3	08:16	1:32:00	1:37:30	3:21:00	3:38:30
45%	6,5	09:11	1:42:13	1:48:20	3:43:20	4:02:47
40%	5,8	10:20	1:55:00	2:01:53	4:11:15	4:33:08
35%	5,1	11:48	2:11:26	2:19:17	4:47:09	5:12:09
30%	4,3	13:46	2:33:20	2:42:30	5:35:00	6:04:10

TABLEAU VMA LE 11/10/2022 EMMANUELLE.A

	VMA en Km / H	En Min / KM	Potentiel 10kms Mini	Potentiel 10kms Maxi	Potentiel semi Mini	Potentiel semi Maxi
100%	14,4	04:10	0:46:00	0:48:45	1:40:30	1:49:15
95%	13,7	04:23	0:48:25	0:51:19	1:45:47	1:55:00
90%	13,0	04:37	0:51:07	0:54:10	1:51:40	2:01:23
85%	12,2	04:54	0:54:07	0:57:21	1:58:14	2:08:32
80%	11,5	05:12	0:57:30	1:00:56	2:05:38	2:16:34
75%	10,8	05:33	1:01:20	1:05:00	2:14:00	2:25:40
70%	10,1	05:57	1:05:43	1:09:39	2:23:34	2:36:04
65%	9,4	06:24	1:10:46	1:15:00	2:34:37	2:48:05
60%	8,6	06:56	1:16:40	1:21:15	2:47:30	3:02:05
55%	7,9	07:34	1:23:38	1:28:38	3:02:44	3:18:38
50%	7,2	08:20	1:32:00	1:37:30	3:21:00	3:38:30
45%	6,5	09:15	1:42:13	1:48:20	3:43:20	4:02:47
40%	5,8	10:25	1:55:00	2:01:53	4:11:15	4:33:08
35%	5,0	11:54	2:11:26	2:19:17	4:47:09	5:12:09
30%	4,3	13:53	2:33:20	2:42:30	5:35:00	6:04:10