

TESTS ATHLETIQUES

2009-2010

PROMOTION 95	VITESSE (cellules)												DETENTE			ENDURANCE		
	10m Départ			20 m			40 m			4 x 5m (navette)			TAPIS BOSCO			VAMEVAL		
Date	22-sept			22-sept			22-sept			22-sept			24-sept			23-sept		
Conditions de passage	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	Excel	effectué	Excel	Excel	Moyenne
Surface	Salle			Salle			Salle			Salle			Salle			INT Piste 160m		
NOMS - Prénoms	Test 1	Test 2	Test 3	Test 1	Test 2	Test 3	Test 1	Test 2	Test 3	Test 1	Test 2	Test 3	Test 1	Test 2	Test 3	Test 1	Test 2	Test 3
1 ANQUETIL Fred	1",877			3",106			5",360			4",880			45			16:30		
2 CHEVY Julien	1",893			3",162			5",450			4",990			44			18:15		
3 DUVOUX Benjamin	2",120			3",530			6",180			5",340			35			16:00		
4 FIVET Simon	1",806			3",108			5",440			5",170			47			18:00		
5 LAHAYE Rémy	1",822			3",072			5",510			5",230			39			16:30		
6 MERET Desta	1",890			3",131			5",620			5",310			37			18:00		
7 MUSELET Paul	1",833			3",026			5",500			5",060			41			20:00		
8 OMAM BIYIK Emilio	1",791			2",935			5",350			5",380			44			14:30		
9 PHILIPPE Aristide	1",873			3",094			5",590			5",410			38			16:00		
10 POGORZELSKI Sébastien	1",858			3",194			5",780			5",230			35			16:30		
11 PROT Amaury	2",028			3",431			6",200			5",550			31			14:45		
12 SANTAMARIA Baptiste	2",009			3",319			5",980			5",440			34			17:45		
13 SOUCHAUD Louis	1",898			3",255			5",850			5",510			37			17:00		
14 TRECHAUD Valentin	2",031			3",346			6",010			5",500			37			16:00		
15 ZOUHIR Badr	1",890			3",069			5",430			5",400			42			18:00		
Moyenne du Groupe	1",908	#DIV/0!	#DIV/0!	3",185	#DIV/0!	#DIV/0!	5",683	#DIV/0!	#DIV/0!	5",293	#DIV/0!	#DIV/0!	39	#DIV/0!	#DIV/0!	16:55	#DIV/0!	#DIV/0!
Meilleure Performance	1",806	0",000	0",000	3",072	0",000	0",000	5",350	0",000	0",000	4",880	0",000	0",000	47	0	0	20:00	00:00	00:00
Moins Bonne Performance	2",120	0",000	0",000	3",530	0",000	0",000	6",200	0",000	0",000	5",550	0",000	0",000	31	0	0	14:30	00:00	00:00

Protocole détente : Départ arrêté, mains sur les hanches, flèxion - extension.