

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	15-janv		22-sept	15-janv		22-sept	15-janv		22-sept	22-janv		24-sept	22-janv		23-sept	13-janv	
Conditions de passage	Excel	Excel		Excel	Excel		Excel	Excel		Excel	Excel		Excel	Excel		Excel	Excel	
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	1",865		3",106	2",840		5",360	5",190		4",880	4",950		45	46		16:30	17:00	
2 CHEVY Julien	1",893	1",837		3",162	3",102		5",450	5",560		4",990	4",850		44	41		18:15	18:15	
3 DUVOUX Benjamin	2",120	2",082		3",530	3",454		6",180	6",160		5",340	5",290		35	34		16:00	16:45	
4 FIVET Simon	1",806	BI		3",108	BI		5",440	BI		5",170	BI		47	45		18:00	BI	
5 LAHAYE Rémy	1",822	1",800		3",072	3",018		5",510	5",510		5",230	5",010		39	BI		16:30	14:00	
6 MERET Desta	1",890	1",850		3",131	3",109		5",620	5",600		5",310	5",270		37	39		18:00	20:00	
7 MUSELET Paul	1",833	BI		3",026	BI		5",500	BI		5",060	BI		41	BI		20:00	BI	
8 OMAM BIYIK Emilio	1",791	1",736		2",935	2",944		5",350	5",430		5",380	5",110		44	42		14:30	15:30	
9 PHILIPPE Aristide	1",873	1",788		3",094	2",963		5",590	5",340		5",410	5",170		38	42		16:00	18:00	
10 POGORZELSKI Sébastien	1",858	1",888		3",194	3",231		5",780	5",780		5",230	5",350		35	39		16:30	16:30	
11 PROT Amaury	2",028	1",996		3",431	3",386		6",200	6",200		5",550	5",350		31	38		14:45	14:30	
12 SANTAMARIA Baptiste	2",009	1",893		3",319	3",221		5",980	5",880		5",440	5",330		34	41		17:45	18:00	
13 SOUCHAUD Louis	1",898	1",950		3",255	3",280		5",850	6",000		5",510	5",700		37	33		17:00	BI	
14 TRECHAUD Valentin	2",031	1",896		3",346	3",258		6",010	5",850		5",500	5",310		37	42		16:00	16:00	
15 ZOUHIR Badr	1",890	1",726		3",069	2",955		5",430	5",420		5",400	5",070		42	42		18:00	20:00	
Moyenne du Groupe	1",908	1",882	#DIV/0!	3",185	3",151	#DIV/0!	5",683	5",708	#DIV/0!	5",293	5",224	#DIV/0!	39	40	#DIV/0!	16:55	16:46	#DIV/0!
Meilleure Performance	1",806	1",736	0",000	3",072	2",840	0",000	5",350	5",190	0",000	4",880	4",850	0",000	47	46	0	20:00	20:00	00:00
Moins Bonne Performance	2",120	2",082	0",000	3",530	3",454	0",000	6",200	6",200	0",000	5",550	5",700	0",000	31	33	0	14:30	14:00	00:00

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