

DEMI-FOND :
Évaluation de la VMA 30/30

| Distance en (m.) | Plots franchis | ALLER | | | | | | | | Plots franchis | VMA KMH |
|------------------|----------------|-------|---|---|---|---|---|---|---|----------------|---------|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| 166 | | | | | | | | | | | 20,0 |
| 162 | | | | | | | | | | | 19,5 |
| 158 | | | | | | | | | | | 19,0 |
| 154 | | | | | | | | | | | 18,5 |
| 150 | 21,0 | | | | | | | | | 21,0 | 18,0 |
| 146 | 20,0 | | | | | | | | | 20,0 | 17,5 |
| 141 | 19,0 | | | | | | | | | 19,0 | 17,0 |
| 137 | 18,0 | | | | | | | | | 18,0 | 16,5 |
| 133 | 17,0 | | | | | | | | | 17,0 | 16,0 |
| 129 | 16,0 | | | | | | | | | 16,0 | 15,5 |
| 125 | 15,0 | | | | | | | | | 15,0 | 15,0 |
| 121 | 14,0 | | | | | | | | | 14,0 | 14,5 |
| 117 | 13,0 | | | | | | | | | 13,0 | 14,0 |
| 112 | 12,0 | | | | | | | | | 12,0 | 13,5 |
| 108 | 11,0 | | | | | | | | | 11,0 | 13,0 |
| 104 | 10,0 | | | | | | | | | 10,0 | 12,5 |
| 100 | 9,0 | | | | | | | | | 9,0 | 12,0 |
| 96 | 8,0 | | | | | | | | | 8,0 | 11,5 |
| 92 | 7,0 | | | | | | | | | 7,0 | 11,0 |
| 87 | 6,0 | | | | | | | | | 6,0 | 10,5 |
| 83 | 5,0 | | | | | | | | | 5,0 | 10,0 |
| 79 | 4,0 | | | | | | | | | 4,0 | 9,5 |
| 75 | 3,0 | | | | | | | | | 3,0 | 9,0 |
| 71 | 2,0 | | | | | | | | | 2,0 | 8,5 |
| 67 | 1,0 | | | | | | | | | 1,0 | 8,0 |
| 62 | | | | | | | | | | | 7,5 |
| 58 | | | | | | | | | | | 7,0 |
| 54 | | | | | | | | | | | 6,5 |
| 50 | | | | | | | | | | | 6,0 |

COUREUR :

OBSERVATEUR :

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| 158 | | | | | | | | | | | 19,0 |
| 154 | | | | | | | | | | | 18,5 |
| 150 | 21,0 | | | | | | | | | 21,0 | 18,0 |
| 146 | 20,0 | | | | | | | | | 20,0 | 17,5 |
| 141 | 19,0 | | | | | | | | | 19,0 | 17,0 |
| 137 | 18,0 | | | | | | | | | 18,0 | 16,5 |
| 133 | 17,0 | | | | | | | | | 17,0 | 16,0 |
| 129 | 16,0 | | | | | | | | | 16,0 | 15,5 |
| 125 | 15,0 | | | | | | | | | 15,0 | 15,0 |
| 121 | 14,0 | | | | | | | | | 14,0 | 14,5 |
| 117 | 13,0 | | | | | | | | | 13,0 | 14,0 |
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