

MARCH Jean-Charles	FINISH	HALF1	HALF2	Delta (+)
HALF2 vs HALF1	03:47:59	01:47:58	02:00:01	00:12:03
Vitesse moyenne (km/h) :	11,1	11,7	10,5	
Allure moyenne :	5:24/km	5:07/km	5:41/km	

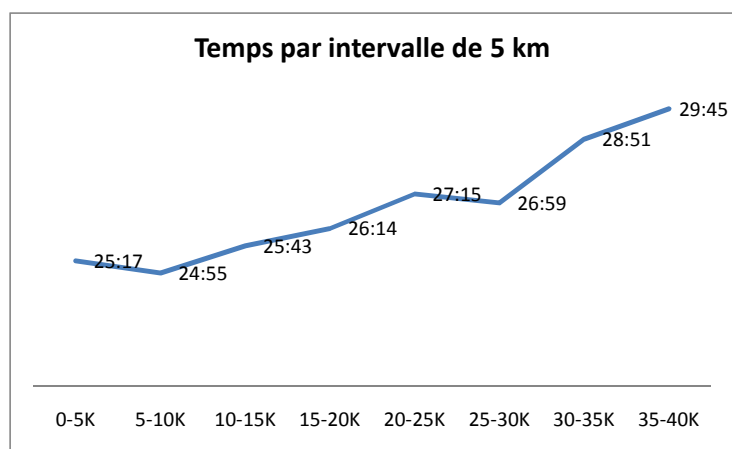
Temps au km :	5	10	15	20	25	30	35	40
	00:25:17	00:50:12	01:15:55	01:42:09	02:09:24	02:36:23	03:05:14	03:34:59

au km :	5	10	15	20	25	30	35	40
sur les bases de :	03:33:22	03:31:49	03:33:33	03:35:31	03:38:24	03:39:57	03:43:19	03:46:47

Temps par intervalle de 5 km :	0-5K	5-10K	10-15K	15-20K	20-25K	25-30K	30-35K	35-40K
	00:25:17	00:24:55	00:25:43	00:26:14	00:27:15	00:26:59	00:28:51	00:29:45

Mile n° :	14	15	16	17	18	19	20	21	22	23	24	25	26	26.2
Temps predictif	02:02:48	02:11:29	02:20:31	02:29:13	02:37:55	02:46:36	02:55:18	03:04:00	03:12:41	03:21:33	03:30:25	03:39:16	03:48:08	03:49:58
Temps effectif	01:55:35	02:04:31	02:13:19	02:21:59	02:30:42	02:39:37	02:48:48	02:58:09	03:07:23	03:16:49	03:26:47	03:36:23	03:45:52	03:47:59
Delta Effectif vs Predictif	-00:07:13	-00:06:58	-00:07:12	-00:07:14	-00:07:13	-00:06:59	-00:06:30	-00:05:51	-00:05:18	-00:04:44	-00:03:38	-00:02:53	-00:02:16	-00:01:59

Temps par intervalle de 1 mile :	14-15M	15-16M	16-17M	17-18M	18-19M	19-20M	20-21M	21-22M	22-23M	23-24M	24-25M	25-26M
	00:08:56	00:08:48	00:08:40	00:08:43	00:08:55	00:09:11	00:09:21	00:09:14	00:09:26	00:09:58	00:09:36	00:09:29



PASTOR Jean-Victor	FINISH	HALF1	HALF2	Delta (+)
HALF2 vs HALF1	03:14:24	01:33:19	01:41:05	00:07:46
Vitesse moyenne (km/h) :	13,0	13,6	12,5	
Allure moyenne :	4:36/km	4:25/km	4:47/km	

Temps au km :	5	10	15	20	25	30	35	40
	00:22:00	00:43:25	01:05:28	01:28:16	01:51:52	02:14:55	02:38:27	03:03:50

au km :	5	10	15	20	25	30	35	40
sur les bases de :	03:05:39	03:03:12	03:04:09	03:06:13	03:08:49	03:09:46	03:11:01	03:13:55

Temps par intervalle de 5 km :	0-5K	5-10K	10-15K	15-20K	20-25K	25-30K	30-35K	35-40K
	00:22:00	00:21:25	00:22:03	00:22:48	00:23:36	00:23:03	00:23:32	00:25:23

Mile n° :	14	15	16	17	18	19	20	21	22	23	24	25	26	26.2
Temps predictif	01:41:26	01:48:35	01:56:06	02:03:16	02:10:26	02:17:36	02:24:46	02:31:56	02:39:06	02:46:26	02:53:47	03:01:07	03:08:27	03:09:59
Temps effectif	01:39:51	01:47:37	01:55:13	02:02:42	02:10:07	02:17:32	02:25:01	02:32:36	02:40:13	02:47:49	02:56:22	03:05:03	03:12:53	03:14:24
Delta Effectif vs Predictif	-00:01:35	-00:00:58	-00:00:53	-00:00:34	-00:00:19	-00:00:04	+00:00:15	+00:00:40	+00:01:07	+00:01:23	+00:02:35	+00:03:56	+00:04:26	+00:04:25

Temps par intervalle de 1 mile :	14-15M	15-16M	16-17M	17-18M	18-19M	19-20M	20-21M	21-22M	22-23M	23-24M	24-25M	25-26M
	00:07:46	00:07:36	00:07:29	00:07:25	00:07:25	00:07:29	00:07:35	00:07:37	00:07:36	00:08:33	00:08:41	00:07:50

