

ERGO 5K / 12-2021



500 m splits and rates

HTC (M)

Name	Cat.	Weight	Drag	5k	Av./500m	Av. Rate	1	Rate	2	Rate	3	Rate	4	Rate	5	Rate	6	Rate	7	Rate	8	Rate	9	Rate	10	Rate	Av./Watt	Lactate	2k déc-21
ANDRODIAS Matthieu	M	92	142	15'31.0	1'33.1	30	1'33.1	30	1'33.3	30	1'33.4	30	1'33.8	31	1'34.0	30	1'33.9	30	1'34.2	30	1'33.3	30	1'33.3	30	1'29.1	34	434	13,4	5'56.3
TURLAN Guillaume	M	96	135	15'40.5	1'34.0	28			1'35.0	29			1'34.9	28			1'34.4	28			1'34.1	28			1'31.8	29	421		6'02.2
LE GAL Adam	M	91	130	15'43.9	1'34.3	30	1'34.4	31	1'34.6	29	1'34.7	29	1'35.1	28	1'35.1	29	1'35.0	28	1'34.7	29	1'34.8	29	1'33.3	32	1'32.3	38	416		5'57.9
ONFROY Theophile	M	81,2	130	15'48.3	1'34.8	32			1'35.6	31			1'35.2	32			1'34.0	33			1'34.5	33			1'34.7	33	410		6'01.6
BOUCHERON Hugo	M	96	143	15'48.6	1'34.8	27	1'34.8	28	1'34.7	27	1'34.8	28	1'34.3	27	1'34.5	27	1'34.8	28	1'35.9	27	1'35.7	27	1'35.5	27	1'33.6	29	410,8	17	5'59.1
NOIROT Vincent	M	92	158	15'51.9	1'35.1	29	1'34.1	33	1'35.1	30	1'35.0	30	1'35.2	28	1'39.6	29	1'35.1	28	1'35.1	28	1'35.8	29	1'35.8	28	1'35.2	28	406		5'57.8
BRUNET Benoit	M	90,5	144	15'53.7	1'35.3	27			1'33.6	29			1'34.0	28			1'34.0	28			1'41.6	25			1'33.4	27	403		5'53.5
ONFROY Valentin	M	84,9	130	15'54.5	1'35.4	30			1'34.4	31			1'34.9	32			1'35.5	31			1'36.3	30			1'36.1	28	402		6'01.9
VEDRINELLE Sean	M	101	135	15'55.8	1'35.6	30	1'37.0	29	1'36.9	30	1'36.7	30	1'36.4	30	1'36.2	31	1'35.6	31	1'35.0	31	1'35.1	30	1'34.4	31	1'32.5	32	401		5'59.8
BRISSON Marc	M			15'57.4	1'35.7	31			1'36.7	31			1'36.8	31			1'36.9	31			1'36.2	31			1'31.9	34			5'59.7
VIANDIER Julien	BM	87,9	136	16'03.9	1'36.3	28	1'36.8	28	1'37.2	27	1'36.6	27	1'36.3	28	1'36.8	28	1'37.0	28	1'37.2	28	1'37.2	28	1'35.7	28	1'33.1	31	391		6'02.8
LAMIRAL Yoan	BM	79	135	16'05.0	1'36.5	29	1'36.2	30	1'36.2	30	1'36.9	30	1'36.9	30	1'36.8	29	1'36.8	29	1'37.1	30	1'37.1	30	1'35.4	30	1'35.4	30	389		6'06.8
RAYET Téo	M	97	140	16'05.0	1'36.5	28	1'36.7	28	1'36.7	28	1'37.0	28	1'37.0	28	1'37.3	27	1'37.3	27	1'36.6	29	1'36.6	29	1'34.7	30	1'34.7	30	389	16,4	6'02.0
ZEMAN Ondra	M	100	125	16'05.7	1'36.5	32			1'34.7	33			1'37.0	32			1'37.8	33			1'37.8	32			1'35.4	31			6'03.7
PUYBARAUD Tom	BM	87	130	16'07.0	1'36.7	29	1'35.2	31	1'36.9	30	1'37.7	29	1'37.6	29	1'37.0	30	1'36.8	29	1'37.9	29	1'38.0	29	1'36.8	30	1'33.1	321	387		6'04.4
TOLLET Maxence	M	80	138	16'08.9	1'36.8	30	1'35.5	33	1'36.3	31	1'36.4	31	1'36.8	30	1'37.0	30	1'37.3	30	1'37.6	30	1'37.7	29	1'37.7	29	1'36.8	31	385		6'08.8
BRISSON Liam	M			16'12.6	1'37.2	29			1'37.9	29			1'38.2	28			1'38.1	28			1'37.9	28			1'34.2	32			6'05.1
MARCELOT Victor	BM	79	130	16'13.1	1'37.3	27	1'36.1	29	1'36.5	29	1'36.9	28	1'37.0	28	1'37.6	28	1'38.2	27	1'39.0	27	1'38.7	27	1'39.2	27	1'34.4	29	379		6'04.0
CHAMORAND Louis	BM	84,5	140	16'14.0	1'37.4	28	1'37.2	27	0'13.7	27	1'37.8	27	1'37.7	27	1'37.6	27	1'37.4	28	1'37.3	28	1'37.5	28	1'37.4	28	1'36.6	29	379	16,9	6'10.1
GADOUD Julien	M	81,5	135	16'14.9	1'37.4	30	1'36.0	29	1'36.8	29	1'37.2	340	1'37.3	30	1'37.6	30	1'37.9	30	1'37.9	30	1'39.0	30	1'39.1	30	1'35.6	32	378	19,3	6'07.0
TURLAN Thibaud	M	90	137	16'18.1	1'37.8	30	1'35.7	31	1'36.1	31	1'36.4	31	1'37.6	31	1'38.6	30	1'39.2	30	1'40.5	30	1'36.2	30	1'36.0	31	1'41.8	30	374	16,7	6'11.8
HAGUENAUER Benjamin	BM	90	135	16'20.1	1'38.0	28			1'37.1	28			1'37.4	28			1'37.5	28			1'36.9	29			1'41.0	28	372		6'15.9
LORY Thomas	M	83	140	16'20.7	1'38.0	29			1'38.7	30			1'39.4	29			1'38.8	29			1'38.4	29			1'35.0	31			6'15.4
HERSCOVICI Thomas	BM	87	130	16'21.2	1'38.1	29	1'36.6	30	1'39.0	29	1'38.9	30	1'39.2	28	1'38.9	30	1'38.4	29	1'38.3	29	1'38.5	29	1'38.3	29	1'35.1	32	371		6'05.7
GICQUEAU Alistair	BM	88,8	137	16'22.6	1'38.2	28	1'37.3	28	1'39.3	27	1'39.0	27	1'38.9	28	1'39.1	27	1'39.0	28	1'38.0	28	1'38.8	29	1'38.3	29	1'34.9	32	369		6'08.4
ARQUE Samuel	BM	84,1	130	16'23.4	1'38.3	28	1'37.3	29	1'37.3	28	1'37.9	29	1'37.7	28	1'38.0	29	1'37.9	29	1'39.1	27	1'39.7	29	1'39.6	28	1'38.4	29	368	13,6	6'09.3
CHOURAQUI Ethan	BM			16'25.6	1'38.5	29					1'38.4	28	1'39.0	28	1'39.3	28	1'39.8	28	1'40.1	28	1'40.9	28	1'37.4	31	1'33.6	35			6'09.9
MATHIEU Emmanuel	BM			16'27.7	1'38.7	31	1'38.0	31	1'38.1	31	1'38.3	32	1'38.8	32	1'38.9	32	1'38.9	32	1'39.2	33	1'39.5	32					363		6'16.2
MERIGUET Mathias	BM			16'28.4	1'38.8	29			1'39.8	28			1'40.0	28			1'39.7	29			1'38.7	29			1'35.8	32	362		6'12.1
RUBIO Charl��lie	M	84	140	16'29.9	1'38.9	29	1'36.4	30	1'37.4	30	1'38.1	30	1'38.7	30	1'39.3	30	1'40.8	29	1'41.9	28	1'42.0	28	1'40.6	29	1'34.9	31	361	12,4	6'03.9
MARQUES-VIGNERON Dorian	BM	94,2	128	16'30.1	1'39.0	26			1'36.5	28			1'37.6	28			1'39.3	27			1'40.7	26			1'40.8	25	361		6'08.3
NOTTELET Mathis	BM			16'31.0	1'39.0	28	1'37.9	28	1'37.3	29	1'37.7	29	1'38.3	29	1'38.9	29	1'40.5	28	1'40.1	29	1'40.8	28					360		6'05.0
THOMAS Awen	BM			16'31.1	1'39.1	29	1'36.7	30	1'37.1	30	1'37.5	29	1'37.3	30	1'39.7	29	1'42.5	29	1'41.4	31	1'43.6	30					359		6'11.0
ARMENJON Nicolas	BM	83,2	140	16'34.2	1'39.4	29	1'38.3	30	1'39.4	31	1'39.3	30	1'39.6	30	1'40.2	29	1'39.3	29	1'39.8	29	1'40.3	30	1'39.9	29	1'37.6	28	356	19	6'11.6
JUILLET Etienne	M	80,1	125	16'34.6	1'39.4	29			1'40.1	30			1'40.4	29			1'40.1	30			1'39.6	29			1'37.0	30	356		6'16.4
LOURDEZ Valentin	BM			16'36.6	1'39.6	28	1'37.5	30	1'39.3	28	1'38.7	30	1'38.9	29	1'39.6	28	1'39.6	28	1'40.7	28	1'40.4	28					354		6'12.2
KAMENI Louis Mathieu	BM			16'37.8	1'39.7	30			1'40.1				1'41.1				1'41.4				1'40.9				1'35.3		352		6'24.8
KELLER Gwendal	BM	92	138	16'38.9	1'39.8	29	1'37.2	28	1'40.0	29	1'40.3	28	1'40.6	29	1'40.0	29	1'40.8	29	1'40.1	31	1'41.1	30	1'41.2	29	1'36.6	32	351	16,8	6'22.4
ASSIER Cl��ment	BM	80,7	130	16'40.3	1'40.0	29	1'39.0	30	1'40.2	30	1'39.8	30	1'40.5	29	1'40.7	29	1'40.9	29	1'41.1	28	1'41.9	29	1'40.5	29	1'35.8	34	350	19,1	6'18.4
CATOUL Esteban	M	99,9	130	16'47.5	1'40.7	27			1'38.8	28			1'39.3	28			1'42.0	27			1'42.8	26			1'40.7	27	342		6'06.3
PERDIGAL Antoine	BM	88	130	16'48.1	1'40.8	28	1'37.9	29	1'38.7	29	1'38.6	29	1'38.9	29	1'39.7	29	1'40.6	29	1'41.4	29	1'50.0	27	1'43.5	27	1'39.0	28	342		6'09.7
BOUCHARD Matias	BM	84	125	16'48.4	1'40.8	29	1'39.6	29	1'40.5	29	1'41.0	29	1'42.0	28	1'41.4	29	1'41.5	29	1'41.3	28	1'42.9	29	1'41.6	30	1'37.4	30	341		6'27.6
LOUBEYRE Alexandre	BM	78	140	16'50.3	1'41.0	29	1'41.3	28	1'41.0	29	1'41.3	30	1'41.3	30	1'41.2	30	1'40.8	28	1'41.0	30	1'41.2	30	1'41.4	29	1'39.9	31	339		6'21.2
RAMOS Louis	BM			16'52.0	1'41.2	31			1'38.9	34			1'40.3	33			1'42.1	31			1'42.8	31			1'41.7	30			6'16.7
HULOT R��mi	BM		127	16'52.5	1'41.2	27			1'41.6				1'41.2				1'42.2				1'41.6				1'38.7				6'22.1
TETAZ Jules	M	78	140	16'52.5	1'41.2	28	1'38.8	30	1'41.0	29	1'41.7	29	1'43.3	27	1'43.6	27	1'43.6	27	1'42.5	26	1'42.6	26	1'39.1	28	1'36.3	31	337	14,7	6'13.2
VANDERCOILDEN Simon	BM	82,5	130	16'52.5	1'41.2	29			1'39.5	30			1'39.7	29			1'40.9	29			1'43.0	29			1'43.0	28	337		6'09.4
EL AYNAOUI Noam	BM	85,5	130	16'53.3	1'41.3	27			1'39.4	28			1'40.8	27			1'42.7	27			1'42.6	26			1'41.0	27	336		6'20.0
MINNITI Pierre	BM	79,6	135	16'53.7	1'41.3	30			1'40.6																				

500 m splits and rates

HPL (LM)							500m Sprint Time Table																						
Name	Cat.	Weight	Drag	5k	Av./500m	Av. Rate	1	Rate	2	Rate	3	Rate	4	Rate	5	Rate	6	Rate	7	Rate	8	Rate	9	Rate	10	Rate	Av./Watt	Lactate	2k déc-21
LUDWIG Ferdinand	BLM	71,8	135	16'16.1	1'37.6	29	1'37.4	30	1'37.9	29	1'38.2	29	1'37.9	29	1'38.2	29	1'37.9	29	1'38.0	29	1'38.1	30	1'38.0	29	1'34.6	32	376	22,1	6'10.4
VERGER Pierrick	BLM	74	150	16'33.6	1'39.3	27	1'39.9	28	1'40.3	27	1'40.0	27	1'39.8	27	1'39.8	27	1'39.7	27	1'39.3	28	1'39.6	28	1'39.5	27	1'35.7	29	357		6'18.8
AMET Corentin	BM			16'34.1	1'39.4	29			1'39.3	30			1'40.1	29			1'39.8	29			1'39.5	29			1'38.2	31			6'15.3
LEFEBVRE Antoine	BLM			16'39.6	1'39.9	30	1'39.5	31	1'40.3	31	1'40.4	30	1'40.3	30	1'40.4	30	1'40.6	30	1'39.5	30	1'40.6	30					350		6'23.3
VICOT Maxime	BLM	73,6	140	16'40.3	1'40.0	28	1'38.9	30	1'39.0	30	1'39.4	29	1'39.5	29	1'39.6	28	1'40.3	29	1'40.3	28	1'40.8	27	1'41.7	27	1'40.6	27	350	15,7	6'12.0
FRANCOIS Etienne	LM	77	130	16'40.8	1'40.0	30	1'40.1	29	1'40.4	30	1'40.2	29	1'41.0	30	1'41.3	30	1'41.4	29	1'40.7	30	1'40.8	29	1'39.4	31	1'35.6	35	349		6'16.8
BEUREY Hugo	LM	73,8	124	16'44.1	1'40.4	29			1'38.6	29			1'39.4	28			1'40.3	28			1'42.4	29			1'41.2	31	346		6'12.2
BAUER Martin	BLM	73,9	125	16'44.2	1'40.4	30	1'38.8	29	1'40.3	29	1'40.0	29	1'40.4	29	1'41.1	30	1'41.8	29	1'41.7	30	1'41.7	30	1'41.0	31	1'37.3	35	346		6'19.2
VITTET Mael	BLM	73,3	135	16'55.3	1'41.5	29	1'39.3	30	1'40.6	30	1'40.9	29	1'41.5	30	1'41.9	29	1'42.3	29	1'43.1	29	1'44.2	28	1'42.5	29	1'39.0	31	334	18,1	6'22.4
SAVAETE Baptiste	BLM	73,3	135	16'55.5	1'41.5	27	1'38.0	30	1'38.9	29	1'39.4	29	1'40.0	28	1'40.2	28	1'40.5	28	1'43.3	27	1'42.3	26	1'49.8	25	1'43.1	24	334	17	6'16.8
DEWANCKER Sacha	BLM	72,4	110	16'58.3	1'41.8	28	1'39.9	29	1'41.3	28	1'41.3	28	1'42.1	28	1'42.6	29	1'43.2	28	1'43.1	29	1'44.0	29	1'43.7	28	1'37.0	30	331		6'29.0
THERMY Louis	BLM	73	134	17'00.0	1'42.0	28	1'43.3	28	1'43.4	27	1'43.1	28	1'42.9	28	1'43.1	27	1'42.8	27	1'41.3	29	1'41.5	28	1'40.9	29	1'37.8	32	330		6'27.9
PRUVOST Louis	BLM	71	133	17'03.1	1'42.3	29			1'40.1	32			1'41.8	31			1'43.3	29			1'44.2	29			1'42.1	28	327		6'23.4
NION Erwan	BLM	73	120	17'05.0	1'42.5	28	1'40.1	29	1'40.9	29	1'41.3	29	1'42.4	28	1'42.9	27	1'43.6	27	1'42.8	27	1'45.2	27	1'44.4	28	1'41.4	31	325		6'24.0
MARIOT Clément	BLM	67	125	17'12.1	1'43.2	30	1'41.1	31	1'42.7	29	1'43.6	30	1'44.4	29	1'45.5	30	1'44.3	29	1'44.6	30	1'44.4	29	1'42.8	31	1'39.8	34	318		6'25.7
BERTHOUD Thomas	BLM	67	129	17'16.3	1'43.6	30	1'42.4	30	1'44.3	30	1'44.6	29	1'44.1	31	1'44.5	30	1'44.7	30	1'44.3	30	1'44.6	30	1'43.2	31	1'39.5	38	314		6'32.7
LEBEL Baptiste	BLM	71,4	123	17'20.4	1'44.0	27			1'41.6	28			1'43.0	28			1'45.3	26			1'46.5	26			1'43.7	27	311		6'31.7
PIGNOT Leon	BLM	69	130	17'22.5	1'44.2	30	1'43.8	33	1'45.1	30	1'45.1	30	1'45.3	30	1'44.3	30	1'44.9	30	1'44.7	30	1'44.8	30	1'43.6	31	1'40.9	34	309		6'33.6
BIETRIX Noah	BLM	72	125	17'24.6	1'44.4	28	1'43.2	30	1'46.0	28	1'45.2	27	1'44.6	29	1'44.7	29	1'44.6	29	1'44.8	28	1'45.5	29	1'45.0	27	1'41.0	30	307		6'38.1
GUERINOT Paul	BLM	72,8	129	17'28.6	1'44.8	29	1'42.3	30	1'44.0	29	1'44.8	29	1'45.2	29	1'45.9	29	1'45.9	28	1'45.4	29	1'45.6	28	1'45.3	29	1'44.2	30	304		6'22.1
CARTRON Elliot	BLM	69	120	17'44.0	1'46.4	29	1'47.3	29	1'47.2	28	1'47.2	28	1'46.8	28	1'46.6	29	1'46.5	29	1'46.3	28	1'46.9	28	1'46.1	30	1'43.2	33	291		6'43.9
GOUDET Sébastien	BLM	72,5	141	17'47.7	1'47.7	29	1'46.7	29	1'46.9	30	1'47.2	30	1'47.6	28	1'48.3	29	1'47.7	28	1'47.7	29	1'46.6	29	1'47.1	29	1'42.0	31	288	13,8	6'40.1
MONVENEUR Julien	BLM	72,9	130	17'04.9	1'42.4	29	1'40.8	29	1'41.4	29	1'41.6	28	1'41.9	28	1'42.5	28	1'42.8	28	1'43.5	29	1'43.4	29	1'43.6	32	1'43.4	32	326		6'32.2

[illegible]

En rouge : test 2k réalisé en laboratoire (VO2)

FPL (LW)

FPL (LW)							100 m sprint - 100 m																						
Name	Cat.	Weight	Drag	5k	Av./500m	Av. Rate	1	Rate	2	Rate	3	Rate	4	Rate	5	Rate	6	Rate	7	Rate	8	Rate	9	Rate	10	Rate	Av./Watt	Lactate	2k déc-21
DUNCAN Susannah	LW	59,7	116	18'36.3	1'51.6	28	1'50.0	29	1'51.6	30	1'51.8	29	1'51.8	28	1'52.1	28	1'52.1	28	1'51.8	28	1'52.2	28	1'51.7	28	1'50.2	30	252	17,3	7'05.2
TARDOS Elodie	LW			18'54.6	1'53.4		1'50.9	29	1'52.1	28	1'52.8	28	1'53.2	28	1'54.4	27	1'53.9	28	1'56.1	28	1'55.9	28	1'53.9	28	1'51.3	37			7'15.1
MORIZOT Aurélie	LW	57,2		18'59.5	1'53.9	30	1'53.5	30	1'54.1	30	1'53.9	29	1'53.8	30	1'53.4	30	1'53.9	30	1'54.0	30	1'55.0	30	1'55.4	30	1'52.6	33	237		7'16.8
EYCHENNE Marlène	BLW			19'21.7	1'56.1	30			1'55.8	30			1'57.1	30			1'56.8	30			1'56.1	30			1'54.9	32			7'24.9
BOISTARD Chloé	BLW			19'23.8	1'56.3	31			1'56.7	32			1'56.9	31			1'56.5	31			1'56.9	31			1'54.7	33			7'24.9
SEPE Noémie	BLW	57	110	19'27.9	1'56.7	31			1'57.3				1'57.6				1'57.4				1'57.2				1'57.3		127		7'24.9
BERTRAND Eugénie	BLW	58	108	19'39.4	1'57.9	28	1'57.9	29	1'58.0	28	1'58.1	27	1'57.9	27	1'57.8	28	1'58.0	28	1'57.6	29	1'58.5	29	1'58.5	30	1'57.3	32	213		7'26.5
GOESSENS Maya	BLW	60	110	19'46.7	1'58.6	27	1'56.2	30	1'57.8	28	1'57.7	28	1'58.3	27	1'58.5	27	1'58.6	27	1'59.5	27	2'00.0	27	2'00.5	27	1'59.6	30	209		7'26.7
CHAGNOT Marion	BLW	59,2	111	19'53.6	1'59.3	28			1'57.6	28			1'58.8	27			2'00.2	28			2'01.9	28			1'58.2	31	206		7'34.2