

Haut niveau FRSO - Test physique saison 2021

D14 - 2007/2008

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	3P - Perf. - Prog.	Date
FRSO 3P - Performance		00:13:00	00:26:00					
MATTART	Louise	00:09:32	00:19:22				Groupe Performance	12-12-20
NEUWELS	Erine	00:11:15	00:22:08				Groupe Performance	12-12-20
LOVENS	Eloise	00:11:25	00:23:18				Groupe Performance	12-12-20

D16 - 2005/2006

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date		
FRSO HN (A)		00:09:00	00:18:00							
FRSO HN (B)		00:10:00	00:20:00							
FRSO 3P - Performance		00:12:00	00:24:00							
ARNO	Louise	00:10:20	Arret				Groupe Progression	12-12-20		
GILLET	Marie									
INSTALLÉ	Léa									

D18 - 2003/2004

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date		
FRSO HN (A)		00:09:00	00:18:00	00:27:00						
FRSO HN (B)		00:09:30	00:19:00	00:28:30						
FRSO 3P - Performance		00:11:00	00:22:00	00:33:00						
DURIEUX	Florine									
LOPEZ DE PABLO	Eva	00:11:12	00:22:52	00:34:24			Groupe Progression	12-12-20		
PETITJEAN	Camille	00:10:05	00:20:40	00:30:43			Groupe Performance	12-12-20		

D20 - 2001/2002

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date		
FRSO HN (A)		00:08:20	00:16:40	00:25:00						
FRSO HN (B)		00:09:00	00:18:00	00:27:00						
FRSO 3P - Performance		00:10:00	00:20:00	00:30:00						
DEFRAIGNE	Laurence	00:09:00	00:18:31	00:27:27			Groupe Performance	12-12-20		
FRONHOFFS	Gaëlle	00:08:57	00:18:44	00:28:30			Groupe Performance	12-12-20		
HERMAN	Laurine	00:08:48	00:18:44	00:29:18			Groupe Performance	12-12-20		
WILLEMSSENS	Emma	00:09:36	00:20:02	00:30:22			Groupe Progression	12-12-20		

D21 - 2000/19..

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date		
FRSO HN (A)		00:08:15	00:16:30	00:24:45	00:33:00					
FRSO HN (B)		00:08:45	00:17:30	00:26:15	00:35:00					
FRSO 3P - Performance		00:09:30	00:19:00	00:28:30	00:38:00					
ARNO	Lucie	00:08:03	00:16:46	00:25:45	00:34:18		Haut Niveau B	12-12-20		
DEFRAIGNE	Sandrine									
SILLIEN	Marine	00:07:54	00:16:27	00:24:52	00:33:03		Haut Niveau B	12-12-20		
TILKIN	Fanny									

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H14 - 2007/2008

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	3P - Perf. - Prog.	Date
FRSO 3P - Performance		00:10:00	00:20:00					
SILLIEN	Nathan	00:10:00	00:21:03				Groupe Progression	12-12-20
FABRION	Lucas	00:12:00	00:26:57				Groupe Progression	12-12-20
BOURGEOIS	Oscar	00:07:40	00:15:16				Groupe Performance	12-12-20
VOS	Antoine	00:09:30	00:19:46				Groupe Performance	12-12-20
BROUWIER	Victor	00:08:40	00:17:35				Groupe Performance	12-12-20

H16 - 2005/2006

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date
FRSO HN (A)		00:08:05	00:16:10	00:24:15				
FRSO HN (B)		00:08:40	00:17:20	00:26:00				
FRSO 3P - Performance		00:10:00	00:20:00	00:30:00				
BOURGEOIS	Louis	00:07:40	00:15:23	00:22:40			Haut Niveau A	12-12-20
BROUWIER	Mathis	00:07:00	00:14:44	00:22:15			Haut Niveau A	12-12-20
LOVENS	Florentin	00:07:54	00:16:11	00:24:07			Haut Niveau A	12-12-20
MAZY	Arnaud	00:07:26	00:15:15	00:22:55			Haut Niveau A	12-12-20
SILLIEN	Gauthier	00:11:34	00:21:13	00:31:55			Groupe Progression	12-12-20

H18 - 2003/2004

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date
FRSO HN (A)		00:07:45	00:15:30	00:23:15	00:31:00			
FRSO HN (B)		00:08:15	00:16:30	00:24:45	00:33:00			
FRSO 3P - Performance		00:09:00	00:18:00	00:27:00	00:36:00			
AMERIJCKX	Gaël	00:07:45	00:15:56	00:24:47	00:33:12		Groupe Performance	12-12-20
INSTALLE	Mathias							
MATTART	Antoine	00:07:28	00:14:45	00:22:15	00:29:23		Haut Niveau A	12-12-20
MISTIAEN	Everic							
VOS	Louis	00:08:09	00:16:42	00:25:23	00:33:19		Groupe Performance	12-12-20
WILLEMSSENS	Jonas	00:07:57	00:16:29	00:25:18	00:33:44		Groupe Performance	12-12-20

H20 - 2001/2002

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date
FRSO HN (A)		00:07:15	00:14:30	00:21:45	00:29:00			
FRSO HN (B)		00:07:45	00:15:30	00:23:15	00:31:00			
FRSO 3P - Performance		00:08:15	00:16:30	00:24:45	00:33:00			
AMERIJCKX	Cédric	00:07:06	00:14:23	00:21:44	00:28:50		Haut Niveau A	12-12-20
ARNO	Simon	00:07:06	00:14:23	00:21:44	00:28:40		Haut Niveau A	12-12-20
GILLET	Justin	00:07:56	00:15:11	00:24:38	00:32:53		Groupe Performance	12-12-20
VAN AERSCHOT	Aurélien	00:07:28	00:15:20	00:23:15	00:30:50		Haut Niveau B	12-12-20

H21 - 2000/19..

Critères		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Cadre HN (A/B) - 3P	Date
FRSO HN (A)		00:07:00	00:14:00	00:21:00	00:28:00	00:35:00		
FRSO HN (B)		00:07:20	00:14:40	00:22:00	00:29:20	00:36:40		
FRSO 3P - Performance		00:08:00	00:16:00	00:24:00	00:32:00	00:40:00		
BLAISE	Mathias							
DEMEUSE	Clément	00:06:52	00:14:06	00:21:36	00:29:19	00:36:39	Haut Niveau B	12-12-20
DE NEYER	Gilles	00:06:50	00:14:13	00:21:42	00:29:19	00:36:23	Haut Niveau B	12-12-20
DE NEYER	Quentin	00:06:52	00:14:19	00:21:52	00:29:31	00:36:44	Groupe Performance	12-12-20
DRYGALSKI	Tom	00:06:52	00:14:05	00:21:25	00:28:46	00:36:12	Haut Niveau B	12-12-20
EYEN	Guillaume							
GILLET	Thomas	00:07:27	00:15:11	00:23:26	00:31:54	00:39:53	Groupe Performance	12-12-20
SPILIERS	Nicolas	00:08:30	Arrêt					12-12-20
VANDEGHINSTE	Grégoire	00:08:00	00:16:44	00:25:37	00:34:37	00:43:22	Groupe Progression	12-12-20
VAN DER OUDERAA	François	00:06:52	00:14:05	00:21:19	00:28:38	00:35:49	Haut Niveau B	12-12-20

Légende des temps de passage :

Haut Niveau A
Haut Niveau B
Groupe Performance
Groupe Progression