



# SCA NATATION Section Triathlon

Test 400m Nage Libre  
10 Décembre 2013



10.12.2013

Creation: François DEBROUCKE

Property of SCA Natation Triathlon | Duplication forbidden



<b>Nom :</b>	<b>Samuel POURCHET</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:20,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>00:56,00</b>	00:36,00	01:19,00	02:51,00	<b>45</b>
<b>100 m</b>	<b>01:39,00</b>	00:43,00			
<b>150 m</b>	<b>02:24,00</b>	00:45,00	01:32,00		
<b>200 m</b>	<b>03:11,00</b>	00:47,00	01:37,00	03:12,00	<b>49</b>
<b>250 m</b>	<b>03:58,00</b>	00:47,00			
<b>300 m</b>	<b>04:48,00</b>	00:50,00			
<b>350 m</b>	<b>05:38,00</b>	00:50,00	01:35,00		
<b>400 m</b>	<b>06:23,00</b>	00:45,00			<b>53</b>

<b>Pulse</b> 156 pul/min	<b>Tps moy 50m</b> 00:45,38	<b>Tps moy 100m</b> 01:30,75	<b>Tps 400 m</b> 06:03,00	<b>Tps moy 200m</b> 03:01,50	<b>Cdb moyen</b> 49,0 cdB/50m
<b>Ecart moy 50m</b> 00:04,50	<b>Ecart moy 100m</b> 00:08,10	<b>Max-min 100m</b> 00:18,00	<b>Nb Cdb / 400m</b> 392,0 cdB	<b>Ecart moy 200m</b> 00:14,85	<b>Rendement</b> 1,02 m/cdB

Nom :	<b>Frédéric FAUQUEMBERGUE</b>				
Offset	10-déc		Pulse / 15s		
00:00:00,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	00:41,00	00:41,00	01:26,00	02:57,00	47
100 m	01:26,00	00:45,00			50
150 m	02:10,00	00:44,00	01:31,00	03:06,00	48
200 m	02:57,00	00:47,00			51
250 m	03:43,00	00:46,00	01:34,00	03:06,00	52
300 m	04:31,00	00:48,00			52
350 m	05:18,00	00:47,00	01:32,00	03:06,00	
400 m	06:03,00	00:45,00			

Pulse 120 pul/min	Tps moy 50m 00:45,38	Tps moy 100m 01:30,75	Tps 400 m 06:03,00	Tps moy 200m 03:01,50	Cdb moyen 50,0 cdB/50m
Ecart moy 50m 00:02,20	Ecart moy 100m 00:03,40	Max-min 100m 00:08,00	Nb Cdb / 400m 400,0 cdB	Ecart moy 200m 00:06,36	Rendement 1,00 m/cdB

<b>Nom :</b>	<b>Christophe QUANDALLE</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:50,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>01:40,00</b>	00:50,00	01:49,00	03:56,00	
<b>100 m</b>	<b>02:39,00</b>	00:59,00			
<b>150 m</b>	<b>03:42,00</b>	01:03,00	02:07,00		
<b>200 m</b>	<b>04:46,00</b>	01:04,00	02:08,00	04:15,00	
<b>250 m</b>	<b>05:50,00</b>	01:04,00			
<b>300 m</b>	<b>06:54,00</b>	01:04,00			
<b>350 m</b>	<b>08:00,00</b>	01:06,00	02:07,00		<b>66</b>
<b>400 m</b>	<b>09:01,00</b>	01:01,00			<b>69</b>

<b>Pulse</b> 132 pul/min	<b>Tps moy 50m</b> 01:01,38	<b>Tps moy 100m</b> 02:02,75	<b>Tps 400 m</b> 08:11,00	<b>Tps moy 200m</b> 04:05,50	<b>Cdb moyen</b> 67,5 cdB/50m
<b>Ecart moy 50m</b> 00:05,07	<b>Ecart moy 100m</b> 00:09,18	<b>Max-min 100m</b> 00:19,00	<b>Nb Cdb / 400m</b> 540,0 cdB	<b>Ecart moy 200m</b> 00:13,44	<b>Rendement</b> 0,74 m/cdB

<b>Nom :</b>	<b>Sylvain BELLEMBOIS</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:40,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>01:28,00</b>	00:48,00	01:48,00	04:08,00	
<b>100 m</b>	<b>02:28,00</b>	01:00,00			
<b>150 m</b>	<b>03:37,00</b>	01:09,00	02:20,00		
<b>200 m</b>	<b>04:48,00</b>	01:11,00			
<b>250 m</b>	<b>05:49,00</b>	01:01,00	02:04,00	04:10,00	
<b>300 m</b>	<b>06:52,00</b>	01:03,00			
<b>350 m</b>	<b>08:00,00</b>	01:08,00	02:06,00		
<b>400 m</b>	<b>08:58,00</b>	00:58,00			

<b>Pulse</b> 120 pul/min	<b>Tps moy 50m</b> 01:02,25	<b>Tps moy 100m</b> 02:04,50	<b>Tps 400 m</b> 08:18,00	<b>Tps moy 200m</b> 04:09,00	<b>Cdb moyen</b> 58,2 cdB/50m
<b>Ecart moy 50m</b> 00:07,40	<b>Ecart moy 100m</b> 00:13,10	<b>Max-min 100m</b> 00:32,00	<b>Nb Cdb / 400m</b> 465,6 cdB	<b>Ecart moy 200m</b> 00:01,41	<b>Rendement</b> 0,86 m/cdB

Nom :	<b>Kiefer BALEDENT</b>				
Offset	10/12/2013		Pulse / 15s		
00:00:30,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	01:17,00	00:47,00	01:42,00	03:34,00	
100 m	02:12,00	00:55,00			
150 m	03:08,00	00:56,00	01:52,00		<b>55</b>
200 m	04:04,00	00:56,00	01:58,00	03:46,00	<b>56</b>
250 m	05:04,00	01:00,00			
300 m	06:02,00	00:58,00	01:48,00		<b>56</b>
350 m	07:03,00	01:01,00			
400 m	07:50,00	00:47,00			

Pulse 120 pul/min	Tps moy 50m 00:55,00	Tps moy 100m 01:50,00	Tps 400 m 07:20,00	Tps moy 200m 03:40,00	Cdb moyen 55,7 cdB/50m
Ecart moy 50m 00:05,35	Ecart moy 100m 00:06,73	Max-min 100m 00:16,00	Nb Cdb / 400m 445,3 cdB	Ecart moy 200m 00:08,49	Rendement 0,90 m/cdB

<b>Nom :</b>	<b>Ludovic FERREIRA</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:20,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>01:07,00</b>	00:47,00	01:41,00	03:37,00	
<b>100 m</b>	<b>02:01,00</b>	00:54,00			
<b>150 m</b>	<b>02:59,00</b>	00:58,00	01:56,00		<b>58</b>
<b>200 m</b>	<b>03:57,00</b>	00:58,00	02:02,00	04:06,00	
<b>250 m</b>	<b>05:00,00</b>	01:03,00			
<b>300 m</b>	<b>05:59,00</b>	00:59,00			
<b>350 m</b>	<b>07:04,00</b>	01:05,00	02:04,00		
<b>400 m</b>	<b>08:03,00</b>	00:59,00			

<b>Pulse</b>	<b>Tps moy 50m</b> 00:57,88	<b>Tps moy 100m</b> 01:55,75	<b>Tps 400 m</b> 07:43,00	<b>Tps moy 200m</b> 03:51,50	<b>Cdb moyen</b> 58,0 cdB/50m
<b>Ecart moy 50m</b> 00:05,51	<b>Ecart moy 100m</b> 00:10,40	<b>Max-min 100m</b> 00:23,00	<b>Nb Cdb / 400m</b> 464,0 cdB	<b>Ecart moy 200m</b> 00:20,51	<b>Rendement</b> 0,86 m/cdB



Nom :	<b>Dominique CAILLEU</b>				
Offset	10/12/2013		Pulse / 15s		
00:00:10,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	00:58,00	00:48,00	01:40,00	03:37,00	
100 m	01:50,00	00:52,00			45
150 m	02:48,00	00:58,00	01:57,00		
200 m	03:47,00	00:59,00	02:05,00	04:19,00	45
250 m	04:50,00	01:03,00			
300 m	05:52,00	01:02,00			
350 m	07:04,00	01:12,00	02:14,00		
400 m	08:06,00	01:02,00			

Pulse 144 pul/min	Tps moy 50m 00:59,50	Tps moy 100m 01:59,00	Tps 400 m 07:56,00	Tps moy 200m 03:58,00	Cdb moyen 45,0 cdB/50m
Ecart moy 50m 00:07,29	Ecart moy 100m 00:14,45	Max-min 100m 00:34,00	Nb Cdb / 400m 360,0 cdB	Ecart moy 200m 00:29,70	Rendement 1,11 m/cdB



<b>Nom :</b>	<b>Claude PORQUET</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:00,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	00:48,00	00:48,00	01:45,00	03:54,00	<b>59</b>
<b>100 m</b>	01:45,00	00:57,00			
<b>150 m</b>	02:50,00	01:05,00	02:09,00		
<b>200 m</b>	03:54,00	01:04,00			
<b>250 m</b>		#####	#####		
<b>300 m</b>		00:00,00		#####	
<b>350 m</b>		00:00,00	00:00,00		
<b>400 m</b>		00:00,00			

<b>Pulse</b>	<b>Tps moy 50m</b> 00:00,00	<b>Tps moy 100m</b> 00:00,00	<b>Tps 400 m</b> 00:00,00	<b>Tps moy 200m</b> 00:00,00	<b>Cdb moyen</b> 59,0 cdB/50m
<b>Ecart moy 50m</b> 01:39,02	<b>Ecart moy 100m</b> 02:45,75	<b>Max-min 100m</b> 06:03,00	<b>Nb Cdb / 400m</b> 472,0 cdB	<b>Ecart moy 200m</b> 05:30,93	<b>Rendement</b> 0,85 m/cdB

<b>Nom :</b>	<b>Catherine MIKA</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:40,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>01:42,00</b>	01:02,00	02:13,00	04:46,00	
<b>100 m</b>	<b>02:53,00</b>	01:11,00			
<b>150 m</b>	<b>04:00,00</b>	01:07,00	02:33,00		
<b>200 m</b>	<b>05:26,00</b>	01:26,00	02:38,00	05:06,00	<b>70</b>
<b>250 m</b>	<b>06:50,00</b>	01:24,00			
<b>300 m</b>	<b>08:04,00</b>	01:14,00			
<b>350 m</b>	<b>09:20,00</b>	01:16,00	02:28,00		
<b>400 m</b>	<b>10:32,00</b>	01:12,00			<b>73</b>

<b>Pulse</b> 96 pul/min	<b>Tps moy 50m</b> 01:14,00	<b>Tps moy 100m</b> 02:28,00	<b>Tps 400 m</b> 09:52,00	<b>Tps moy 200m</b> 04:56,00	<b>Cdb moyen</b> 70,0 cdB/50m
<b>Ecart moy 50m</b> 00:08,05	<b>Ecart moy 100m</b> 00:10,80	<b>Max-min 100m</b> 00:25,00	<b>Nb Cdb / 400m</b> 560,0 cdB	<b>Ecart moy 200m</b> 00:14,14	<b>Rendement</b> 0,71 m/cdB

<b>Nom :</b>	<b>Nicolas CHADELAUD</b>				
<b>Offset</b>	10/12/2013		<b>Pulse / 15s</b>		
<b>00:00:30,0</b>	<b>Chrono</b>	<b>Tps 50m</b>	<b>Tps 100m</b>	<b>Tps 200m</b>	<b>CdB</b>
<b>50 m</b>	<b>01:14,00</b>	00:44,00	01:37,00	03:36,00	
<b>100 m</b>	<b>02:07,00</b>	00:53,00			
<b>150 m</b>	<b>03:05,00</b>	00:58,00	01:59,00		
<b>200 m</b>	<b>04:06,00</b>	01:01,00	02:06,00	04:09,00	
<b>250 m</b>	<b>05:08,00</b>	01:02,00			
<b>300 m</b>	<b>06:12,00</b>	01:04,00			
<b>350 m</b>	<b>07:16,00</b>	01:04,00	02:03,00		<b>60</b>
<b>400 m</b>	<b>08:15,00</b>	00:59,00			

<b>Pulse</b> 156 pul/min	<b>Tps moy 50m</b> 00:58,13	<b>Tps moy 100m</b> 01:56,25	<b>Tps 400 m</b> 07:45,00	<b>Tps moy 200m</b> 03:52,50	<b>Cdb moyen</b> 60,0 cdB/50m
<b>Ecart moy 50m</b> 00:06,75	<b>Ecart moy 100m</b> 00:13,15	<b>Max-min 100m</b> 00:29,00	<b>Nb Cdb / 400m</b> 480,0 cdB	<b>Ecart moy 200m</b> 00:23,33	<b>Rendement</b> 0,83 m/cdB

Nom :	<b>Aurélie VERET</b>				
Offset	10/12/2013	Pulse / 15s			
00:00:20,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	01:04,00	00:44,00	01:37,00	03:30,00	
100 m	01:57,00	00:53,00			
150 m	02:53,00	00:56,00	01:53,00		<b>43</b>
200 m	03:50,00	00:57,00	01:54,00	03:45,00	
250 m	04:48,00	00:58,00			
300 m	05:44,00	00:56,00	01:51,00		
350 m	06:42,00	00:58,00			
400 m	07:35,00	00:53,00			

Pulse 180 pul/min	Tps moy 50m 00:54,38	Tps moy 100m 01:48,75	Tps 400 m 07:15,00	Tps moy 200m 03:37,50	Cdb moyen 43,0 cdB/50m
Ecart moy 50m 00:04,63	Ecart moy 100m 00:07,93	Max-min 100m 00:17,00	Nb Cdb / 400m 344,0 cdB	Ecart moy 200m 00:10,61	Rendement 1,16 m/cdB

Nom :	<b>Freedy LANGUE</b>				
Offset	10/12/2013		Pulse / 15s		
00:00:10,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	00:51,00	00:41,00	01:29,00	03:08,00	45
100 m	01:39,00	00:48,00			
150 m	02:28,00	00:49,00	01:39,00		
200 m	03:18,00	00:50,00	01:40,00	03:20,00	45
250 m	04:07,00	00:49,00			
300 m	04:58,00	00:51,00	01:40,00		
350 m	05:48,00	00:50,00			
400 m	06:38,00	00:50,00			

Pulse 168 pul/min	Tps moy 50m 00:48,50	Tps moy 100m 01:37,00	Tps 400 m 06:28,00	Tps moy 200m 03:14,00	Cdb moyen 45,0 cdB/50m
Ecart moy 50m 00:03,16	Ecart moy 100m 00:05,35	Max-min 100m 00:11,00	Nb Cdb / 400m 360,0 cdB	Ecart moy 200m 00:08,49	Rendement 1,11 m/cdB

Nom :	Quentin GOETGHELUCK				
Offset	10/12/2013		Pulse / 15s		
00:00:00,0	Chrono	Tps 50m	Tps 100m	Tps 200m	CdB
50 m	01:10,00	01:10,00	02:09,00	04:42,00	
100 m	02:09,00	00:59,00			62
150 m	03:25,00	01:16,00	02:33,00		
200 m	04:42,00	01:17,00	02:33,00	05:02,00	67
250 m	06:00,00	01:18,00			
300 m	07:15,00	01:15,00			
350 m	08:32,00	01:17,00	02:29,00		
400 m	09:44,00	01:12,00			

Pulse 150 pul/min	Tps moy 50m 01:13,00	Tps moy 100m 02:26,00	Tps 400 m 09:44,00	Tps moy 200m 04:52,00	Cdb moyen 64,5 cdB/50m
Ecart moy 50m 00:06,28	Ecart moy 100m 00:11,49	Max-min 100m 00:24,00	Nb Cdb / 400m 516,0 cdB	Ecart moy 200m 00:14,14	Rendement 0,78 m/cdB