

Fiche de suivi pour le 1600m (1400m) sur une boucle de 200m

Le profil de course = colonne(s)
Le temps de base est de secondes au

Coureur :

Observateur :

100m	22s	23s	24s	25s	26s	27s	28s	29s	30s	31s	32s	33s	34s	35s	36s	37s	38s	39s	40s	41s	42s	43s	44s	45s	46s	47s	48s	49s	50s
T 1 200m	00:44	00:46	00:48	00:50	00:52	00:54	00:56	00:58	01:00	01:02	01:04	01:06	01:08	01:10	01:12	01:14	01:16	01:18	01:20	01:22	01:24	01:26	01:28	01:30	01:32	01:34	01:36	01:38	01:40
Tour 2 400m	01:28	01:32	01:36	01:40	01:44	01:48	01:52	01:56	02:00	02:04	02:08	02:12	02:16	02:20	02:24	02:28	02:32	02:36	02:40	02:44	02:48	02:52	02:56	03:00	03:04	03:08	03:12	03:16	03:20
	01:30	01:34	01:38	01:42	01:46	01:50	01:54	01:58	02:02	02:06	02:10	02:14	02:18	02:22	02:26	02:30	02:34	02:38	02:42	02:46	02:50	02:54	02:58	03:02	03:06	03:10	03:14	03:18	03:22
Tour 3 600m	02:12	02:18	02:24	02:30	02:36	02:42	02:48	02:54	03:00	03:06	03:12	03:18	03:24	03:30	03:36	03:42	03:48	03:54	04:00	04:06	04:12	04:18	04:24	04:30	04:36	04:42	04:48	04:54	05:00
	02:14	02:20	02:26	02:32	02:38	02:44	02:50	02:56	03:02	03:08	03:14	03:20	03:26	03:32	03:38	03:44	03:50	03:56	04:02	04:08	04:14	04:20	04:26	04:32	04:38	04:44	04:50	04:56	05:02
	02:16	02:22	02:28	02:34	02:40	02:46	02:52	02:58	03:04	03:10	03:16	03:22	03:28	03:34	03:40	03:46	03:52	03:58	04:04	04:10	04:16	04:22	04:28	04:34	04:40	04:46	04:52	04:58	05:04
Tour 4 800m	02:56	03:04	03:12	03:20	03:28	03:36	03:44	03:52	04:00	04:08	04:16	04:24	04:32	04:40	04:48	04:56	05:04	05:12	05:20	05:28	05:36	05:44	05:52	06:00	06:08	06:16	06:24	06:32	06:40
	02:58	03:06	03:14	03:22	03:30	03:38	03:46	03:54	04:02	04:10	04:18	04:26	04:34	04:42	04:50	04:58	05:06	05:14	05:22	05:30	05:38	05:46	05:54	06:02	06:10	06:18	06:26	06:34	06:42
	03:00	03:08	03:16	03:24	03:32	03:40	03:48	03:56	04:04	04:12	04:20	04:28	04:36	04:44	04:52	05:00	05:08	05:16	05:24	05:32	05:40	05:48	05:56	06:04	06:12	06:20	06:28	06:36	06:44
	03:02	03:10	03:18	03:26	03:34	03:42	03:50	03:58	04:06	04:14	04:22	04:30	04:38	04:46	04:54	05:02	05:10	05:18	05:26	05:34	05:42	05:50	05:58	06:06	06:14	06:22	06:30	06:38	06:46
Tour 5 1000 m	03:40	03:50	04:00	04:10	04:20	04:30	04:40	04:50	05:00	05:10	05:20	05:30	05:40	05:50	06:00	06:10	06:20	06:30	06:40	06:50	07:00	07:10	07:20	07:30	07:40	07:50	08:00	08:10	08:20
	03:42	03:52	04:02	04:12	04:22	04:32	04:42	04:52	05:02	05:12	05:22	05:32	05:42	05:52	06:02	06:12	06:22	06:32	06:42	06:52	07:02	07:12	07:22	07:32	07:42	07:52	08:02	08:12	08:22
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Tour 6 1200 m	04:24	04:36	04:48	05:00	05:12	05:24	05:36	05:48	06:00	06:12	06:24	06:36	06:48	07:00	07:12	07:24	07:36	07:48	08:00	08:12	08:24	08:36	08:48	09:00	09:12	09:24	09:36	09:48	10:00
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Tour 7 1400 m	05:08	05:22	05:36	05:50	06:04	06:18	06:32	06:46	07:00	07:14	07:28	07:42	07:56	08:10	08:24	08:38	08:52	09:06	09:20	09:34	09:48	10:02	10:16	10:30	10:44	10:58	11:12	11:26	11:40
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Consigne pour le chronométrateur → Les temps de passage sont annoncés sur les nombres pairs