

	<i>Distance</i>	<i>Temps</i>	<i>Pas</i>	<i>Compteur Hebdo</i>	<i>Semaine</i>	
30/30	12	0:50:38	4:13	77	2 (1/14)	
	12	0:55:19	4:37			
	11	2x6x400m (1'16)	3:10			
	12	0:51:19	4:17			
	Côtes (4%)	12	10x200m (40")			3:20
		18	1:22:42			4:36
Côtes (7%)	10,4	3x8x200m (35"8)	2:59	78	3 (2/14)	
	13	0:55:39	4:17			
	12,6	3x3x600m (1'57)	3:14			
	10	0:44:52	4:29			
	Côtes (7%)	11	10x140m (29"5)			3:26
		21	1:35:42			4:33
Lorraine de Cross (Longwy)	13	3x5x300m (54"2)	3:01	82	4 (3/14)	
	13	0:58:34	4:30			
	12	2x6x500m (1'35)	3:11			
	21	1:33:12	4:26			
	13	0:57:40	4:26			
	8,1	0:31:10	03:51			
Côtes (9%)	10	0:47:47	4:47	58	5 (4/14)	
	7,2	0:37:22	5:11			
	10	0:44:26	4:27			
	13	0:57:12	4:24			
	Côtes (9%)	17,8	10x250m (1'05)			4:20
		13,5	6x1000m			3:33
Côtes (7%)	10	0:42:27	4:15	63	6 (5/14)	
	Ronde du Val-St-Pierre	11,2	10x140m (31"2)			3:43
		10	0:43:21			4:20
	13,6	0:49:50	03:40			
Côtes (9%)	10	0:45:52	4:35	28	7 (6/14)	
	17,8	1:25:40	4:49			
VS21	16	2x3000m (10'56)	3:38	79	8 (1/8)	
	11	2x8x300m (54"8)	3:03			
VS42	17	3000m (11'09)	3:43	100	9 (2/8)	
	13	0:54:27	4:11			
Course des 3 côtes	16,2	0:59:33	03:41			
	14	1:02:48	4:29			
VS21	16,5	2x3000m (10'56)	3:36	110	10 (3/8)	
	14	5x(500/400/300) 1'35/1'13/55"6	3:06			
VS42	10,5	0:45:40	4:21			
	19	4x3000m (11'00)	3:40			
VS42	26	1:46:16	4:05			
	14	3x2000m (7'11)	3:36	110	11 (4/8)	
15	3x10x200m (35"2)	2:56				
VS42	18	3000m (10'51)	3:37			
	13	0:54:46	4:13			
VS42	20	3x4000m (14'37)	3:39			
	30	1:59:20	3:59			
VS21	15	2x3000m (10'37)	3:32	47	12 (5/8)	
	15	15x400m (1'14)	3:04			
VS42	16	3000m (11'01)	3:40			
	10	0:43:12	4:19			
VS42	21	5000/5000/3000 18'18/18'22/11'02	3:40			
	33	2:13:03	4:02			
VS42	13,4	3x2000m (7'17)	3:39	50	13 (6/8)	
	10	0:44:46	4:29			
SMIVO	21,1	1:19:48	03:47			
VS42	10	0:47:17	4:44	33	14 (7/8)	
	19	5000/5000/3000 18'18/18'28/11'14	3:42			
VS42	21	1:24:40	4:02			
	10	0:42:25	4:15			
VS42	11	0:55:10	5:01			
	12	3x2000m (7'18)	3:39			
Ébauche de marathon (Annecy)	9	0:42:00	4:40	35	15 (8/8)	
	26	1:39:40	03:50			