

**AIS
emerging
CAMP**



JADEN

September

2023

AIS CAMP (Sprints)

29-Sep-23

first attempt second attempt

60M (rolling start)	0-60	0-60
Interval time (s)	7.73	7.9

Interval	0-60	0-60
Average velocity (km/h)	27.94	27.34

Interval Times	
	best
60M	7.73
40M	9.23
100M	16.96

AIS CAMP (VMA test)

30-Sep-23

6' test effort	2450
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VMA result	24.5
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30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	4.17	1.99	1.67

Interval	0-10	10-20	20-30
Cumulative time (s)	4.17	6.16	7.83

Interval	0-10	10-20	20-30
Average velocity (km/h)	8.63	18.09	21.56

Interval Times

30M 7.83

30M - standing start - 2

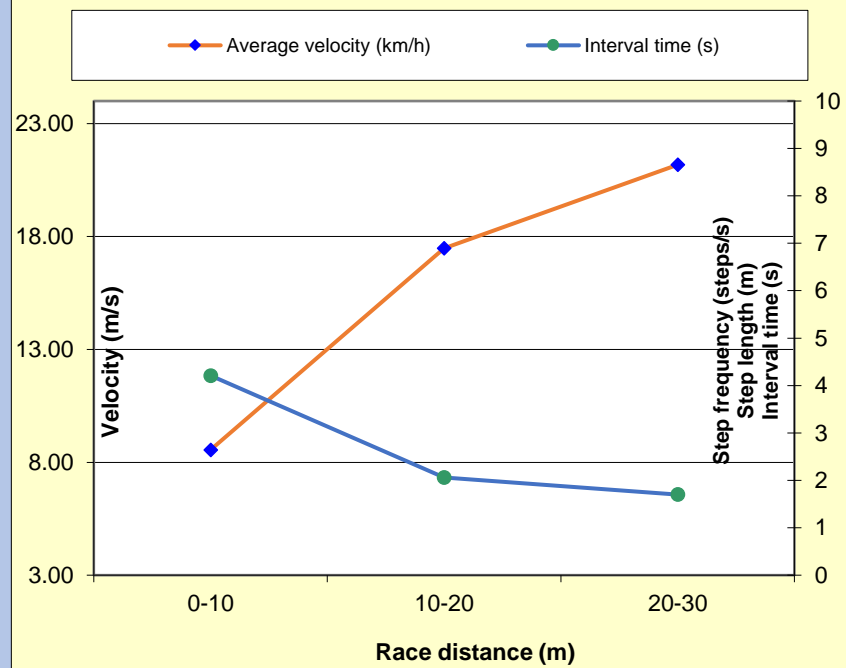
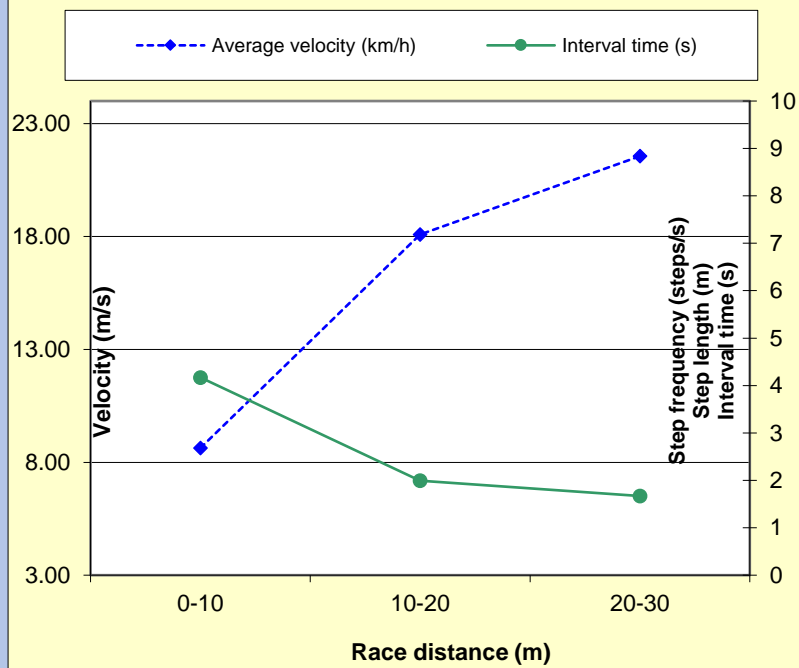
Interval	0-10	10-20	20-30
Interval time (s)	4.21	2.06	1.7

Interval	0-10	10-20	20-30
Cumulative time (s)	4.21	6.27	7.97

Interval	0-10	10-20	20-30
Average velocity (km/h)	8.55	17.48	21.18

Interval Times

30M 7.97



40M - standing start - 1

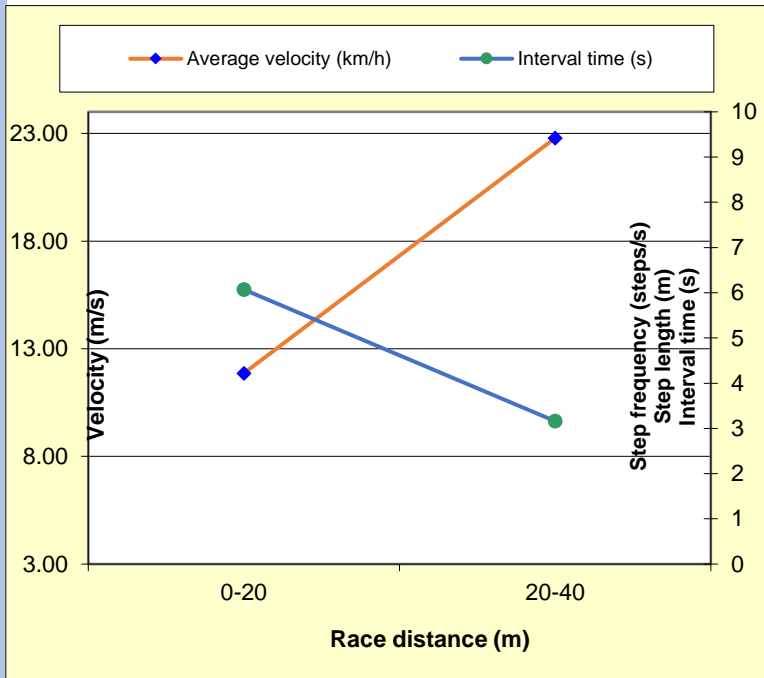
Interval	0-20	20-40
Interval time (s)	6.07	3.16

Interval	0-20	20-40
Cumulative time (s)	6.07	9.23

Interval	0-20	20-40
Average velocity (km/h)	11.86	22.78

Interval Times

40M 9.23



40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	6.08	3.25

Interval	0-20	20-40
Cumulative time (s)	6.08	9.33

Interval	0-20	20-40
Average velocity (km/h)	11.84	22.15

Interval Times

40M 9.33

