

**AIS
emerging
CAMP**



MIKAELA

September

2023

AIS CAMP (Sprints)

29-Sep-23

first attempt second attempt

60M (rolling start)	0-60	0-60
Interval time (s)	10.11	10.37

Interval	0-60	0-60
Average velocity (km/h)	21.36	20.83

Interval Times	
	best
60M	10.11
40M	11.4
100M	21.51

AIS CAMP (VMA test)

30-Sep-23

6' test effort	1870
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VMA result	18.7
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30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	4.78	2.41	2.11

Interval	0-10	10-20	20-30
Cumulative time (s)	4.78	7.19	9.3

Interval	0-10	10-20	20-30
Average velocity (km/h)	7.53	14.94	17.06

Interval Times

30M 9.31

30M - standing start - 2

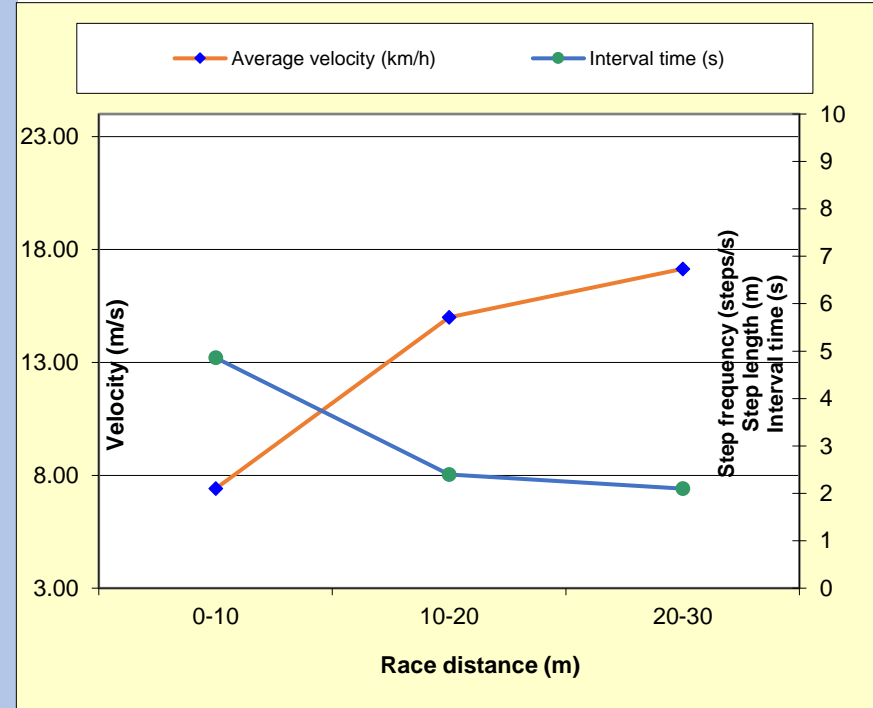
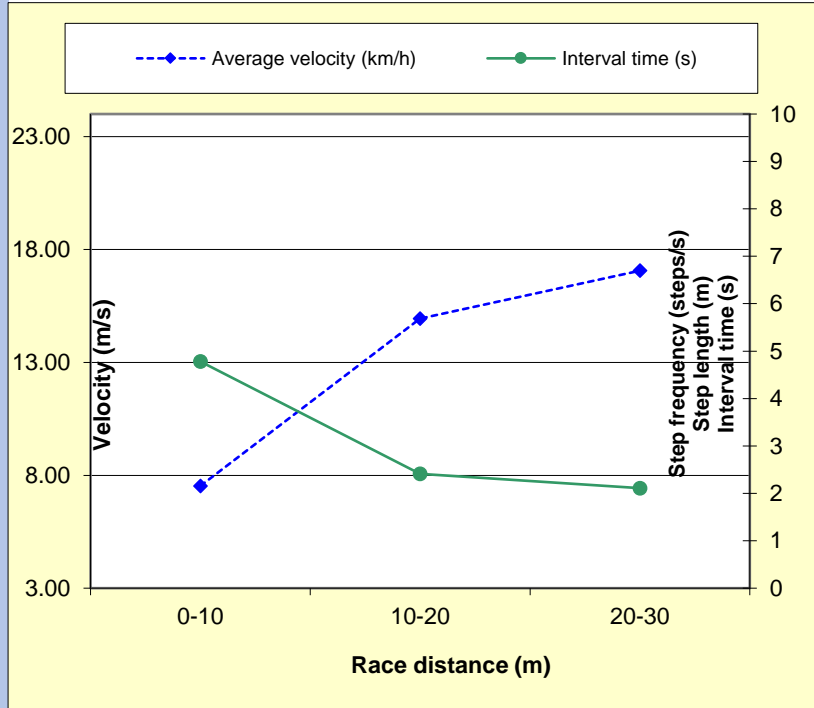
Interval	0-10	10-20	20-30
Interval time (s)	4.86	2.4	2.1

Interval	0-10	10-20	20-30
Cumulative time (s)	4.86	7.26	9.36

Interval	0-10	10-20	20-30
Average velocity (km/h)	7.41	15.00	17.14

Interval Times

30M 9.36



40M - standing start - 1

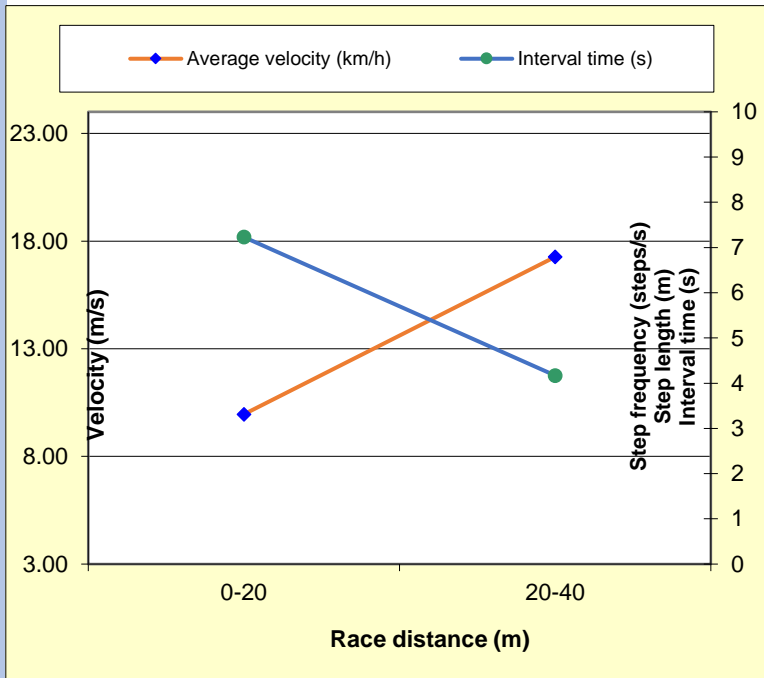
Interval	0-20	20-40
Interval time (s)	7.23	4.17

Interval	0-20	20-40
Cumulative time (s)	7.23	11.4

Interval	0-20	20-40
Average velocity (km/h)	9.96	17.27

Interval Times

40M 11.4



40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	7.29	4.12

Interval	0-20	20-40
Cumulative time (s)	7.29	11.41

Interval	0-20	20-40
Average velocity (km/h)	9.88	17.48

Interval Times

40M 11.41

