

**AIS
emerging
CAMP**



ROBERT

September

2023

29-Sep-23 AIS CAMP (Sprints)

	first attempt	second attempt
60M (rolling start)	0-60	0-60
Interval time (s)	10.89	11.72

Interval	0-60	0-60
Average velocity (km/h)	19.83	18.43

Interval Times	
	best
60M	10.89
40M	11.26
100M	22.15

30-Sep-23 AIS CAMP (VMA test)

6' test effort	1570
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VMA result	15.7
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30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	4.86	2.4	2.13

Interval	0-10	10-20	20-30
Cumulative time (s)	4.86	7.26	9.39

Interval	0-10	10-20	20-30
Average velocity (km/h)	7.41	15.00	16.90

Interval Times

30M 9.39

30M - standing start - 2

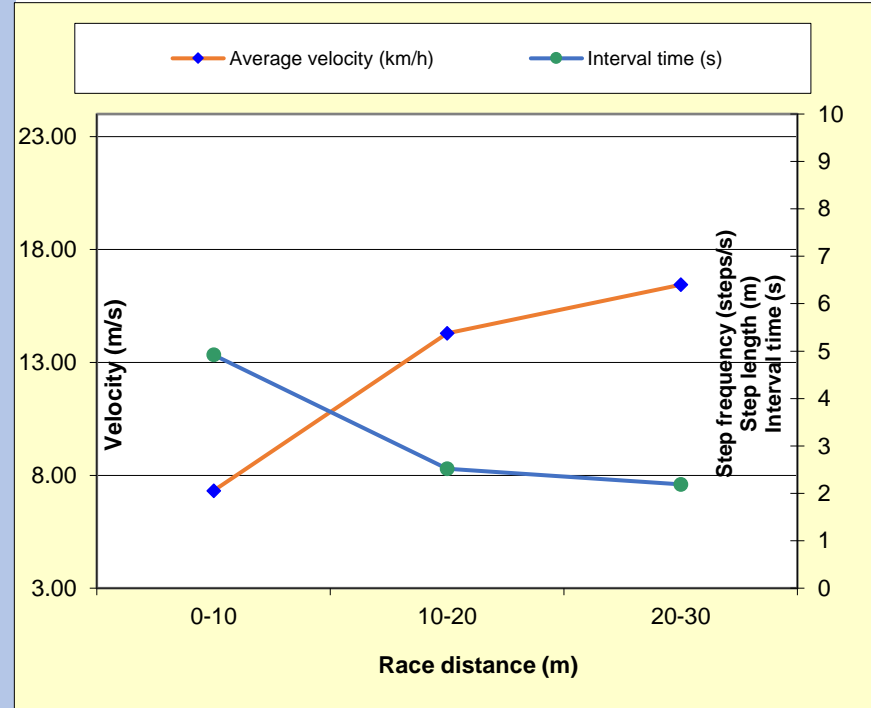
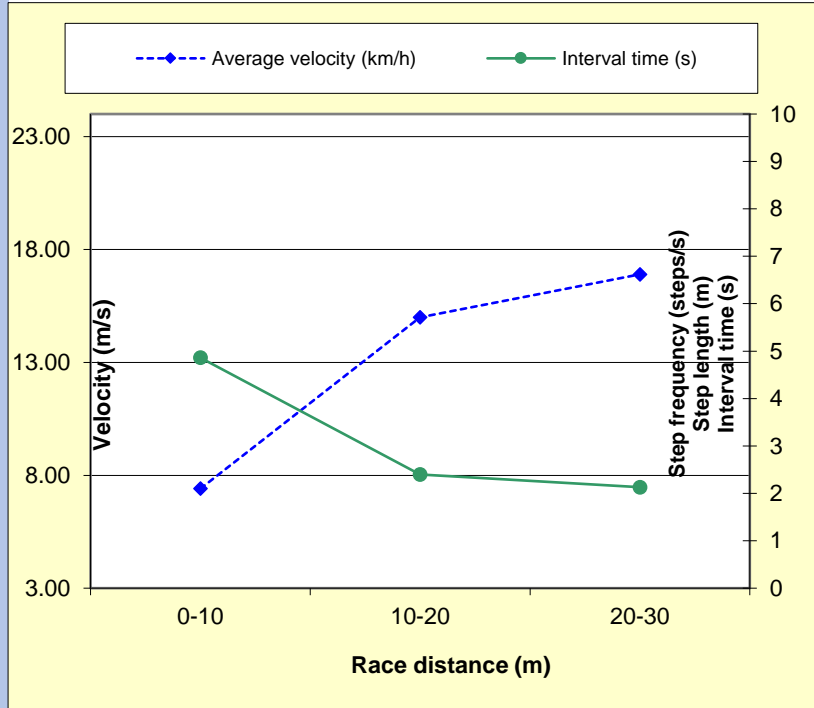
Interval	0-10	10-20	20-30
Interval time (s)	4.92	2.52	2.19

Interval	0-10	10-20	20-30
Cumulative time (s)	4.92	7.44	9.63

Interval	0-10	10-20	20-30
Average velocity (km/h)	7.32	14.29	16.44

Interval Times

30M 9.63



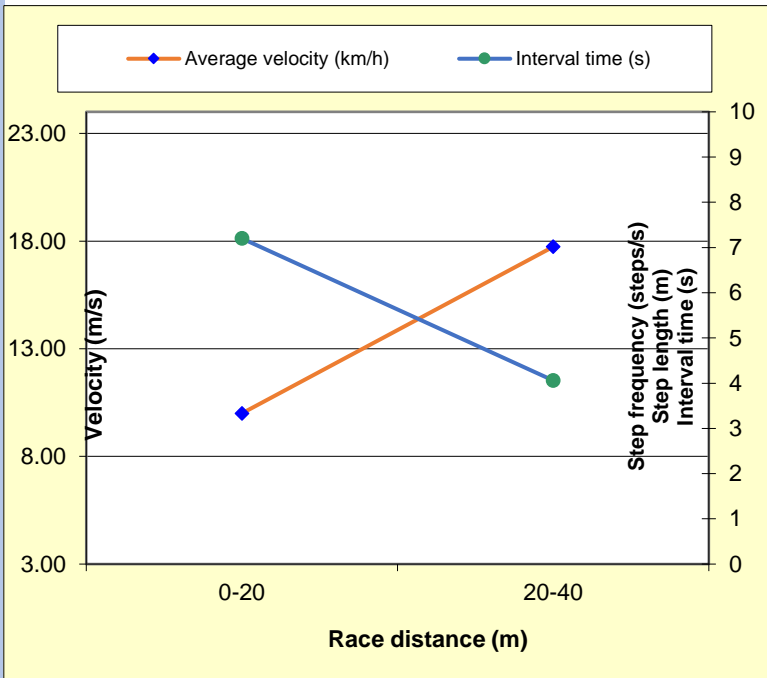
40M - standing start - 1

Interval	0-20	20-40
Interval time (s)	7.2	4.06

Interval	0-20	20-40
Cumulative time (s)	7.2	11.26

Interval	0-20	20-40
Average velocity (km/h)	10.00	17.73

Interval Times	
40M	11.26



40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	7.39	4.18

Interval	0-20	20-40
Cumulative time (s)	7.39	11.57

Interval	0-20	20-40
Average velocity (km/h)	9.74	17.22

Interval Times	
40M	11.57

