

**AIS
emerging
CAMP**



SARAH

September

2023

29-Sep-23 AIS CAMP (Sprints)

	first attempt	second attempt
60M (rolling start)	0-60	0-60
Interval time (s)	10.49	10.55

Interval	0-60	0-60
Average velocity (km/h)	20.59	20.47

Interval Times	
	best
60M	10.49
40M	11.91
100M	22.4

30-Sep-23 AIS CAMP (VMA test)

6' test effort	1560
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VMA result	15.6
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30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	5.28	2.57	2.2

Interval	0-10	10-20	20-30
Cumulative time (s)	5.28	7.85	10.05

Interval	0-10	10-20	20-30
Average velocity (km/h)	6.82	14.01	16.36

Interval Times

30M 10.04

30M - standing start - 2

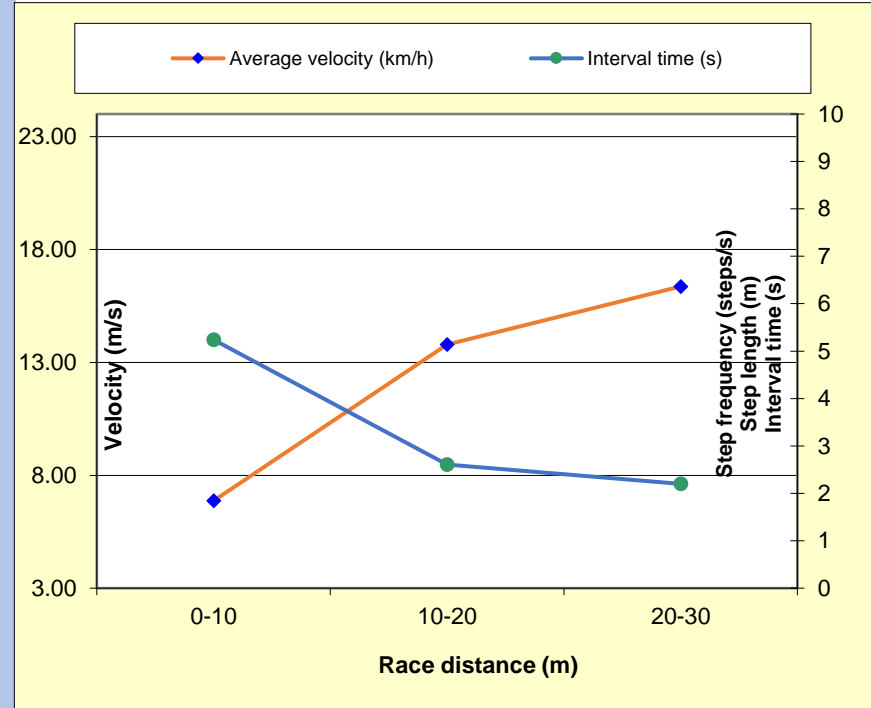
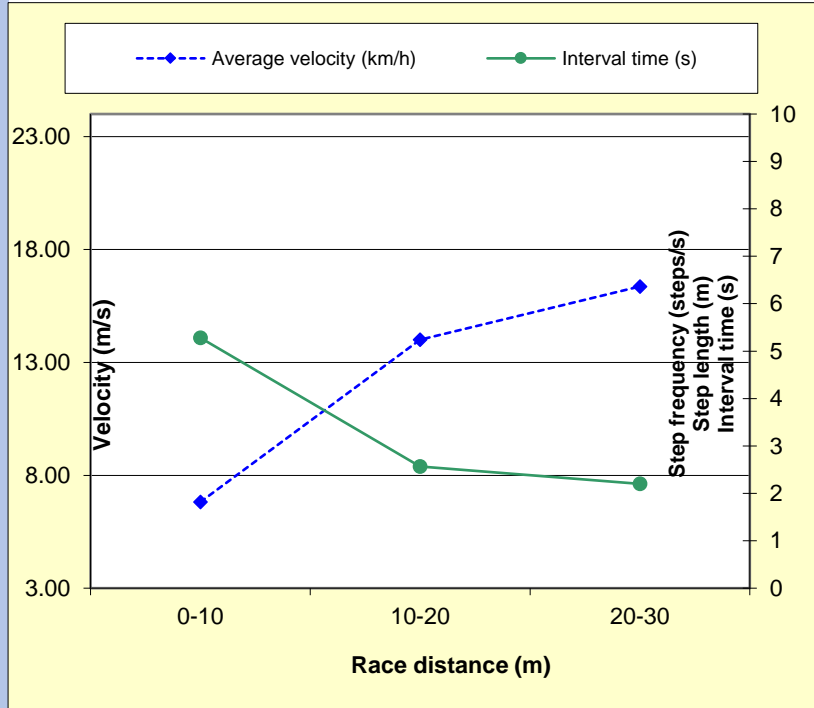
Interval	0-10	10-20	20-30
Interval time (s)	5.24	2.61	2.2

Interval	0-10	10-20	20-30
Cumulative time (s)	5.24	7.85	10.05

Interval	0-10	10-20	20-30
Average velocity (km/h)	6.87	13.79	16.36

Interval Times

30M 10.05



40M - standing start - 1

Interval	0-20	20-40
Interval time (s)	7.78	4.14

Interval	0-20	20-40
Cumulative time (s)	7.78	11.92

Interval	0-20	20-40
Average velocity (km/h)	9.25	17.39

Interval Times

40M 11.91

40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	7.9	4.23

Interval	0-20	20-40
Cumulative time (s)	7.9	12.13

Interval	0-20	20-40
Average velocity (km/h)	9.11	17.02

Interval Times

40M 12.13

