

# AIS emerging CAMP



WARYK

September

2023

## AIS CAMP (Sprints)

29-Sep-23

first attempt    second attempt

60M (rolling start)	0-60	0-60
Interval time (s)	8.41	8.5

Interval	0-60	0-60
Average velocity (km/h)	25.68	25.41

Interval Times	
	best
60M	8.41
40M	9.27
100M	17.68

## AIS CAMP (VMA test)

30-Sep-23

6' test effort	1990
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VMA result	<b>19.9</b>
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### 30M - standing start - 1

Interval	0-10	10-20	20-30
Interval time (s)	4.17	1.96	1.71

Interval	0-10	10-20	20-30
Cumulative time (s)	4.17	6.13	7.84

Interval	0-10	10-20	20-30
Average velocity (km/h)	8.63	18.37	21.05

#### Interval Times

30M 7.84

### 30M - standing start - 2

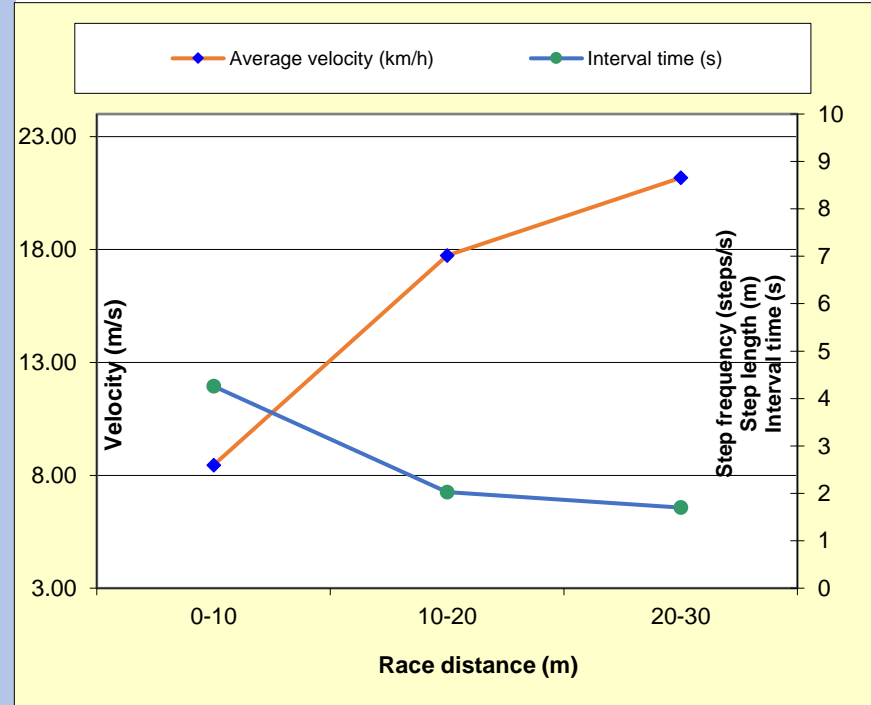
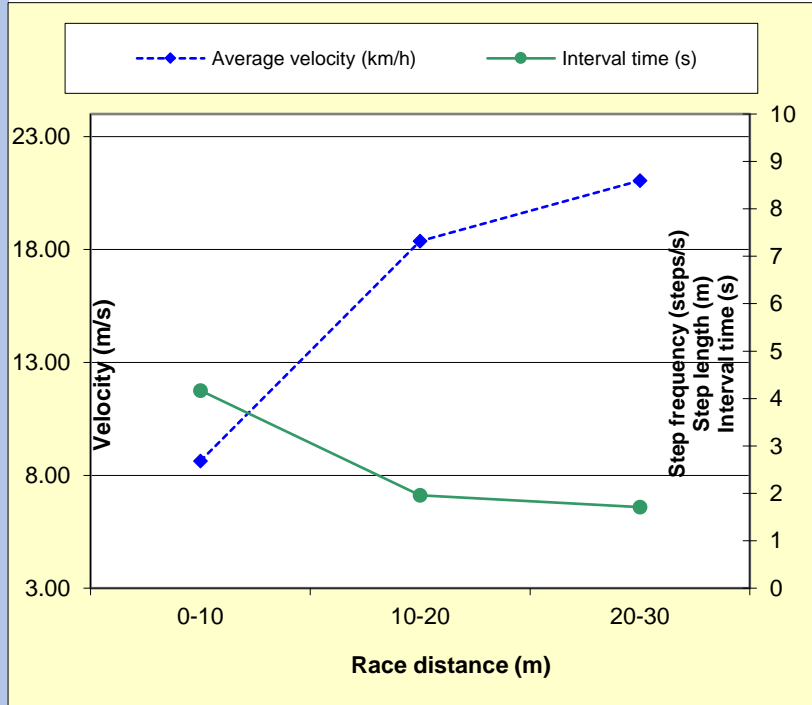
Interval	0-10	10-20	20-30
Interval time (s)	4.26	2.03	1.7

Interval	0-10	10-20	20-30
Cumulative time (s)	4.26	6.29	7.99

Interval	0-10	10-20	20-30
Average velocity (km/h)	8.45	17.73	21.18

#### Interval Times

30M 7.99



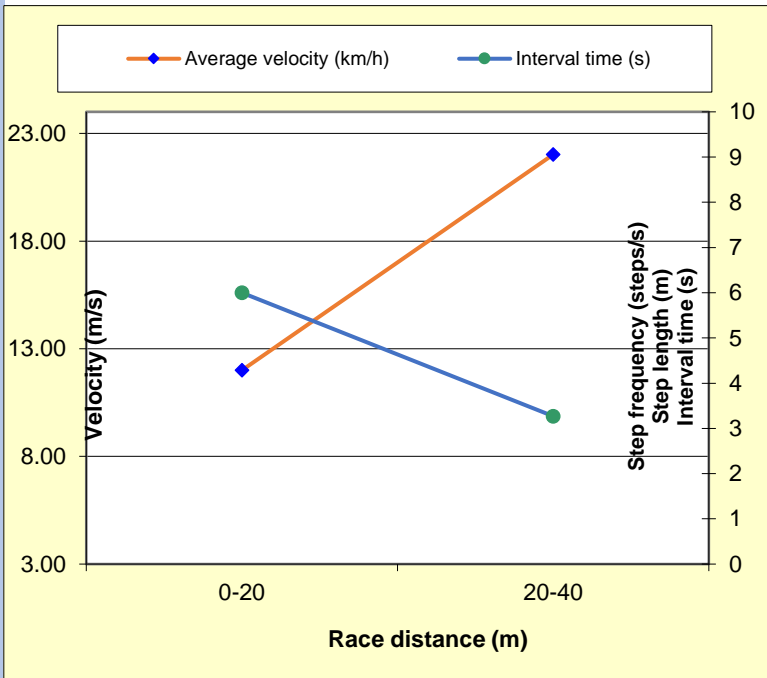
### 40M - standing start - 1

Interval	0-20	20-40
Interval time (s)	6	3.27

Interval	0-20	20-40
Cumulative time (s)	6	9.27

Interval	0-20	20-40
Average velocity (km/h)	12.00	22.02

Interval Times	
40M	9.27



### 40M - standing start - 2

Interval	0-20	20-40
Interval time (s)	5.98	3.3

Interval	0-20	20-40
Cumulative time (s)	5.98	9.28

Interval	0-20	20-40
Average velocity (km/h)	12.04	21.82

Interval Times	
40M	9.28

