

date	description_frac1	frac1_distance	frac1_freq	frac1_time	description_frac2	frac2_distance	frac2_time	frac2_load	description_footing	footing_distance	footing_freq	footing_time	description_end	end_distance	end_freq	end_time
02.01.2023	C5-10% 2x10x1'/30'' r=30''	12.7	170.0	70.0	C5-10% 8x3'/1'	11.8	170.0	65.0	footing x2	15.0	160.0	90.0	Sortie longue	16.1	160.0	90.0
09.01.2023	C5-10% 2x10x1'/30'' r=30''	17.3	170.0	95.0	C5-10% 6x4'/1'	12.7	170.0	70.0	footing x2	16.7	160.0	100.0	Sortie longue	21.4	160.0	120.0
16.01.2023	C5-10% 3x30''/45''/1'/1'30''/1'/45''/30'' r=1'	10.9	170.0	60.0	C5-10% 4'/6'/8'/10'/12' r=2'	14.5	170.0	80.0	footing x2	30.0	160.0	180.0	Sortie longue	29.5	160.0	165.0
23.01.2023	C5-10% 15x30''/descente	10.9	170.0	60.0	Rien	0.0	0.0	0.0	footing x2	15.0	160.0	90.0	Rien	0.0	0.0	0.0
30.01.2023	C5-10% 12x1'chaise/1' r=récup descente	10.9	170.0	60.0	C5-10% 8x4' r=descente	13.6	170.0	75.0	footing x2	16.7	160.0	100.0	Sortie longue	48.2	160.0	270.0
06.02.2023	C5-10% 15côtes (5x40''+5x45''+5vite)	10.9	170.0	60.0	C5-10% 3x12' r=descente	13.6	170.0	75.0	footing x2	20.0	160.0	120.0	Sortie longue	53.6	160.0	300.0