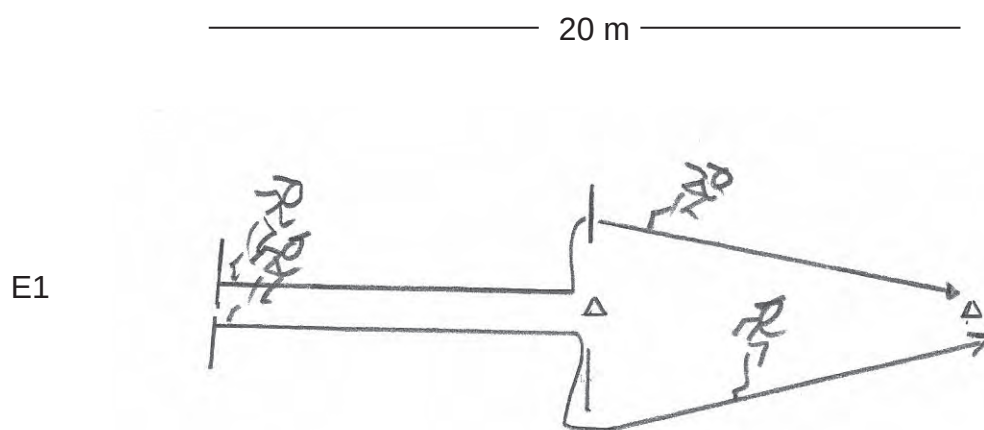
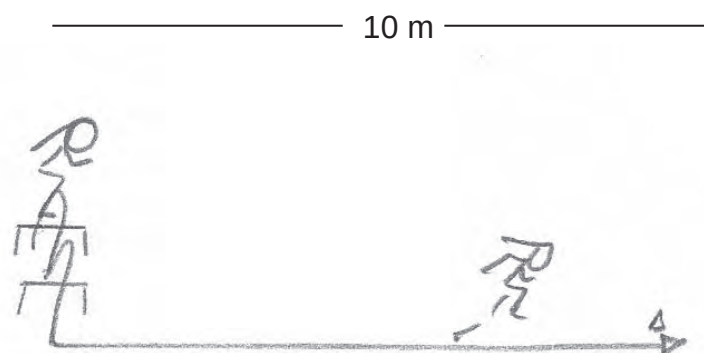


4 Rep. / Reg. 60" x E1 - E2 - E3

E1



5 Rep. / Reg. 30"

E2

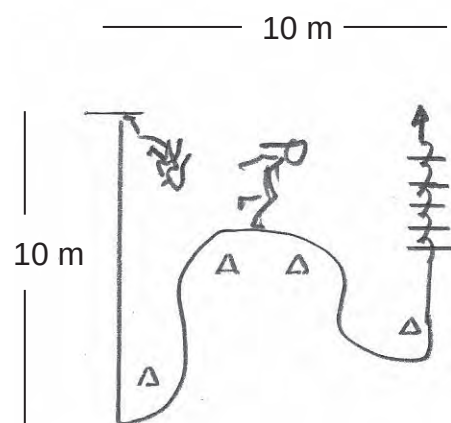


5 Rep. / Reg. 45"

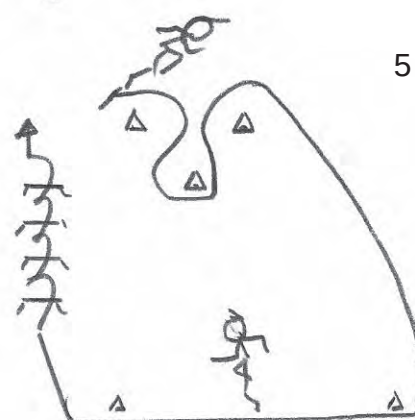
E3



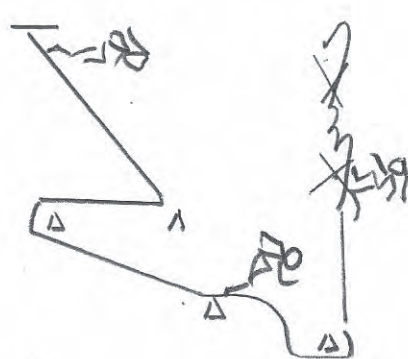
5 Rep. / Reg. 30"



5 Rep. / Reg. 45"

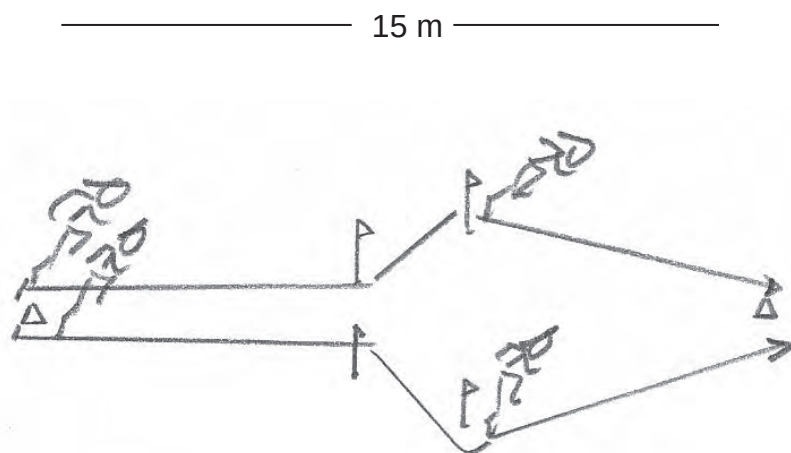


5 Rep. / Reg. 45"

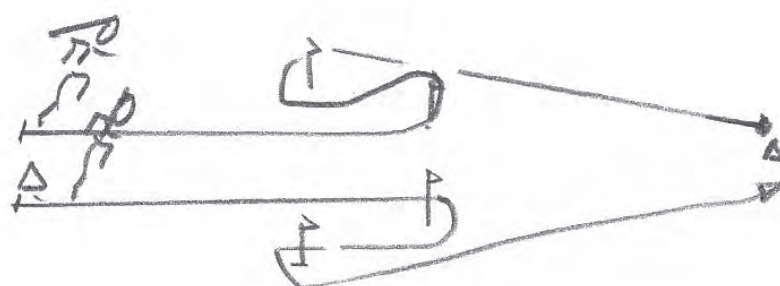


5 Rep. / Reg. 45"

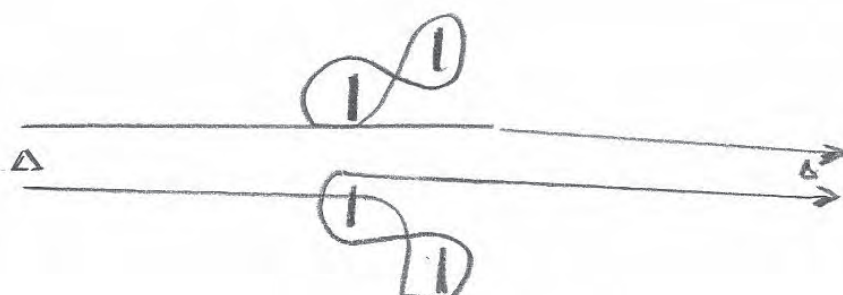




5 Rep. / Reg. 45"



5 Rep. / Reg. 45"

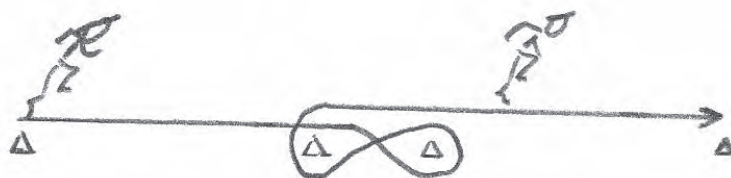


5 Rep. / Reg. 60"

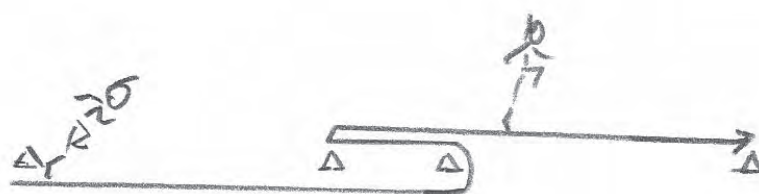
15 m



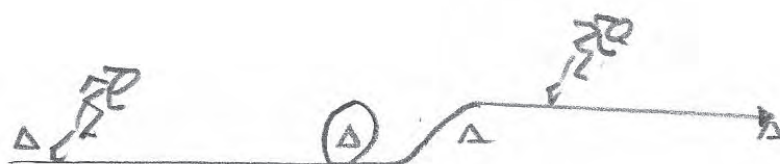
4 Rep. / Reg. 45"



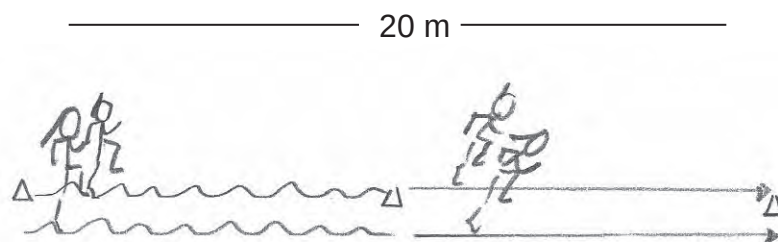
4 Rep. / Reg. 45"



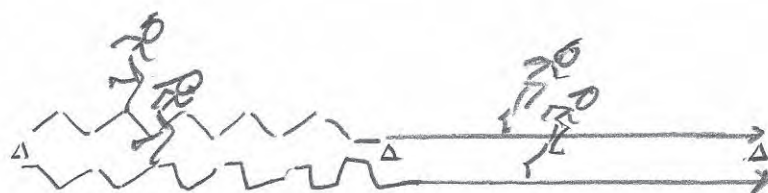
4 Rep. / Reg. 60"



4 Rep. / Reg. 60"



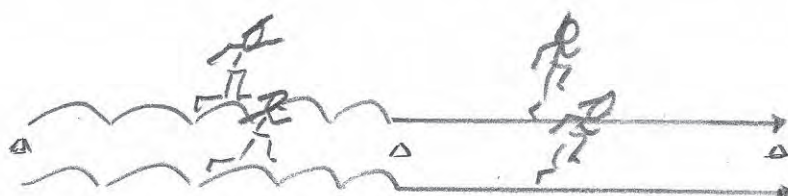
4 Rep. / Reg. 45"



4 Rep. / Reg. 45"



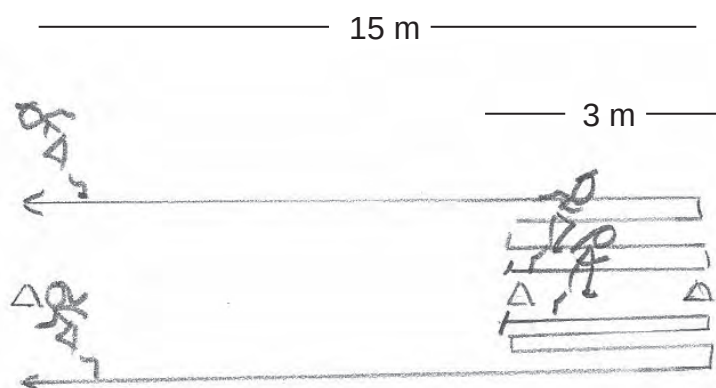
4 Rep. / Reg. 45"



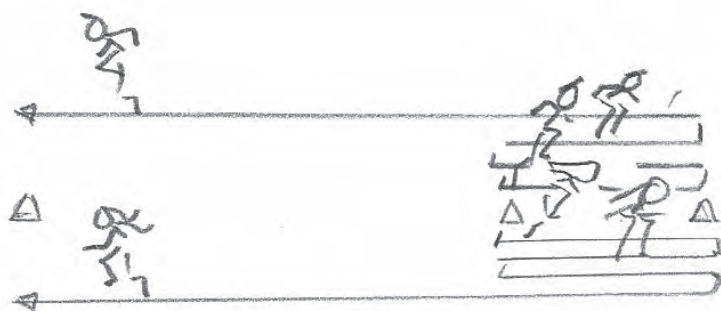
4 Rep. / Reg. 45"



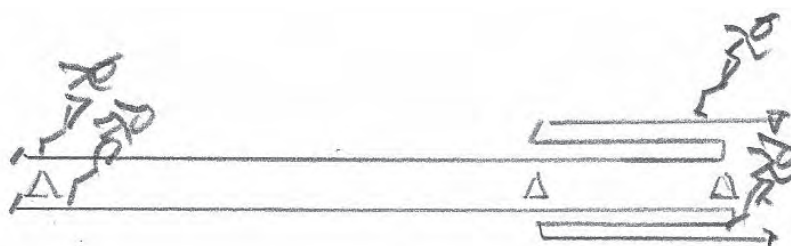
4 Rep. / Reg. 45"



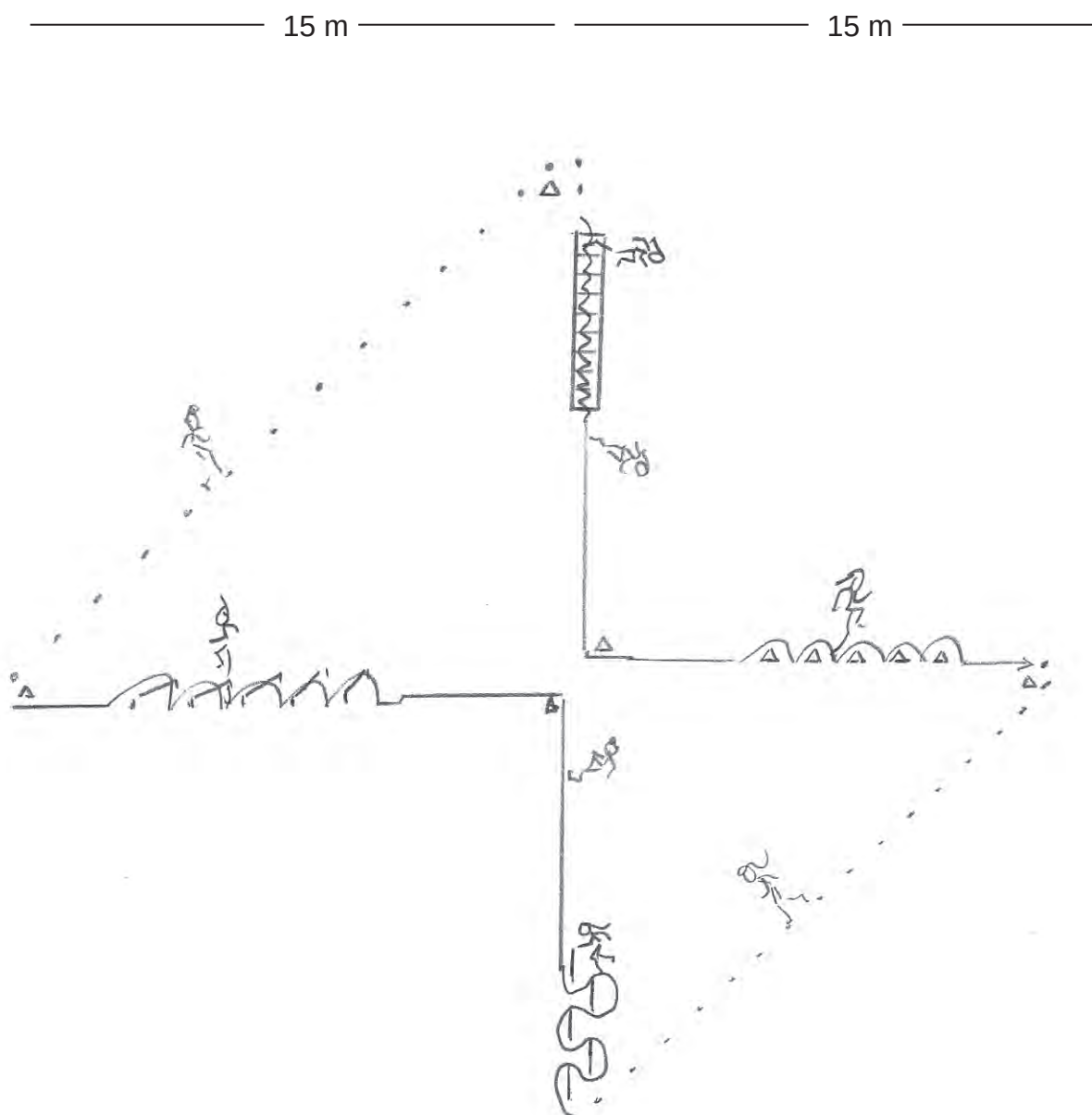
4 Rep. / Reg. 60"



4 Rep. / Reg. 60"

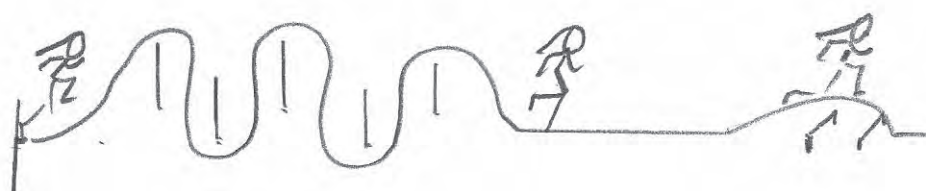


4 Rep. / Reg. 60"

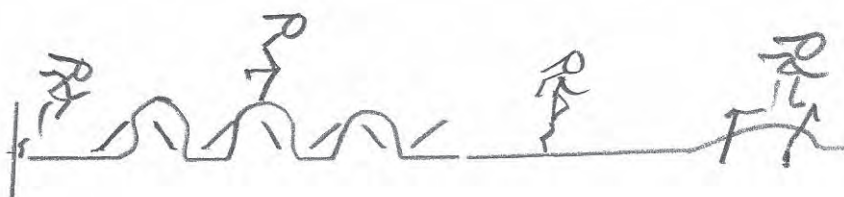


6 Rondas
Rep. 2'

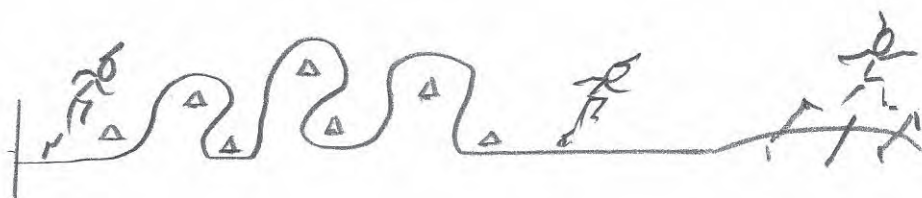
————— 20 m —————



5 Rep.
Reg. 60"



5 Rep.
Reg. 60"

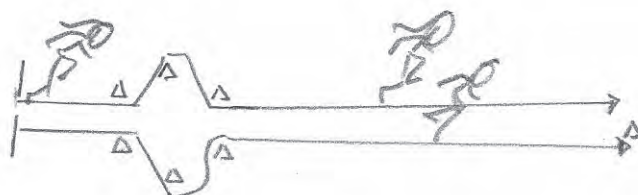


5 Rep.
Reg. 60"

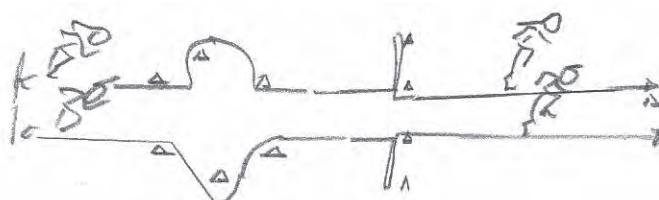
20 m



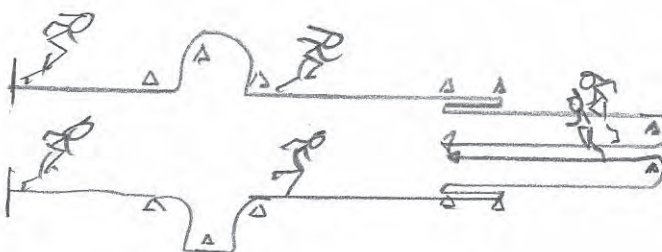
3 Rep.
Reg. 60"



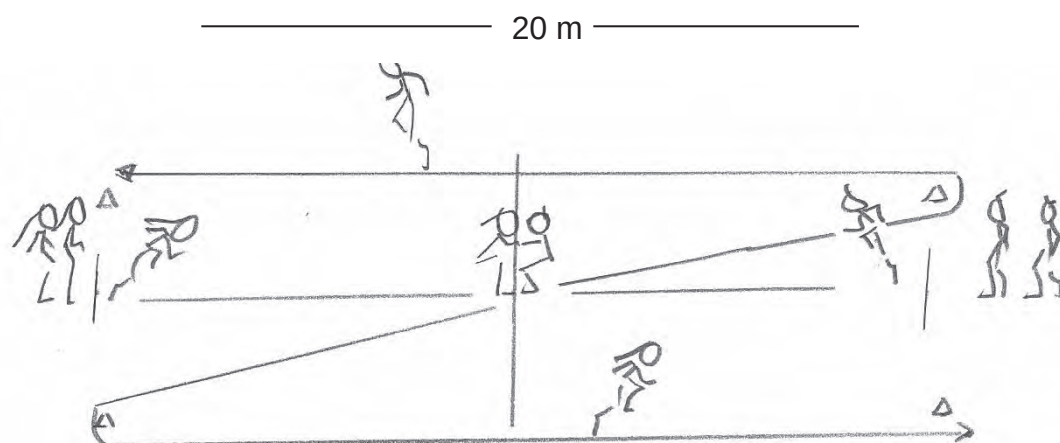
3 Rep.
Reg. 60"



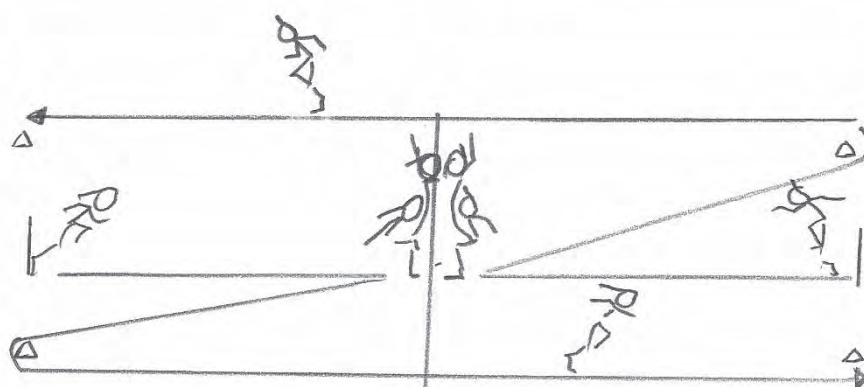
3 Rep.
Reg. 60"



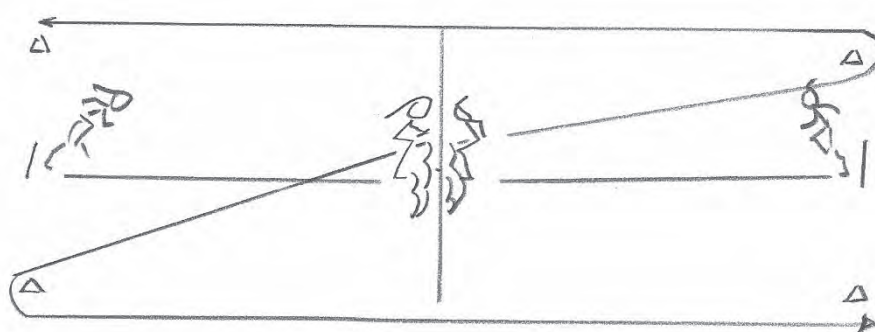
3 Rep.
Reg. 60"



3 Rep.
R4g. 75"



3 Rep.
R4g. 75"



3 Rep.
R4g. 75"

15 m



5 Rep.
R4g. 45"



5 Rep.
R4g. 45"



5 Rep.
R4g. 45"

10 m



3 Rep.
R4g. 30"



3 Rep.
R4g. 30"



3 Rep.
R4g. 30"

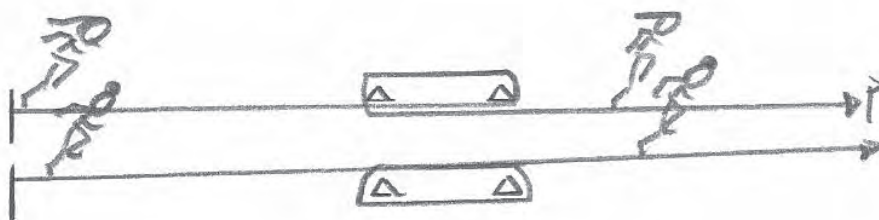


3 Rep.
R4g. 30"

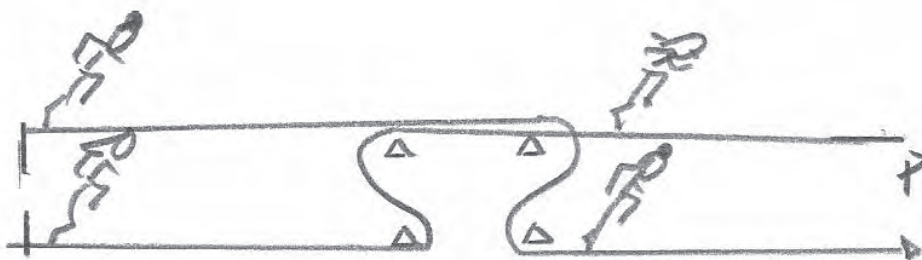


3 Rep.
R4g. 30"

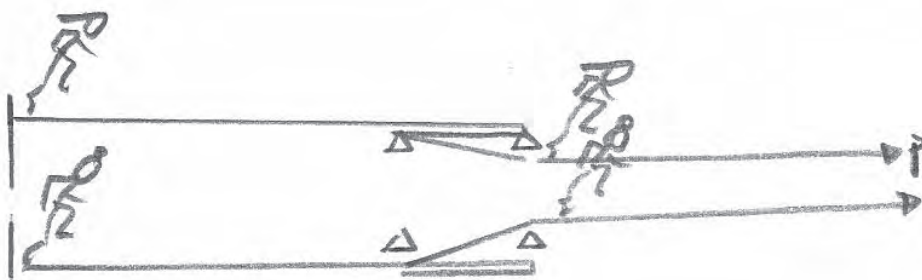
15 m



5 Rep.
R4g. 45"



5 Rep.
R4g. 45"



5 Rep.
R4g. 45"

15 m



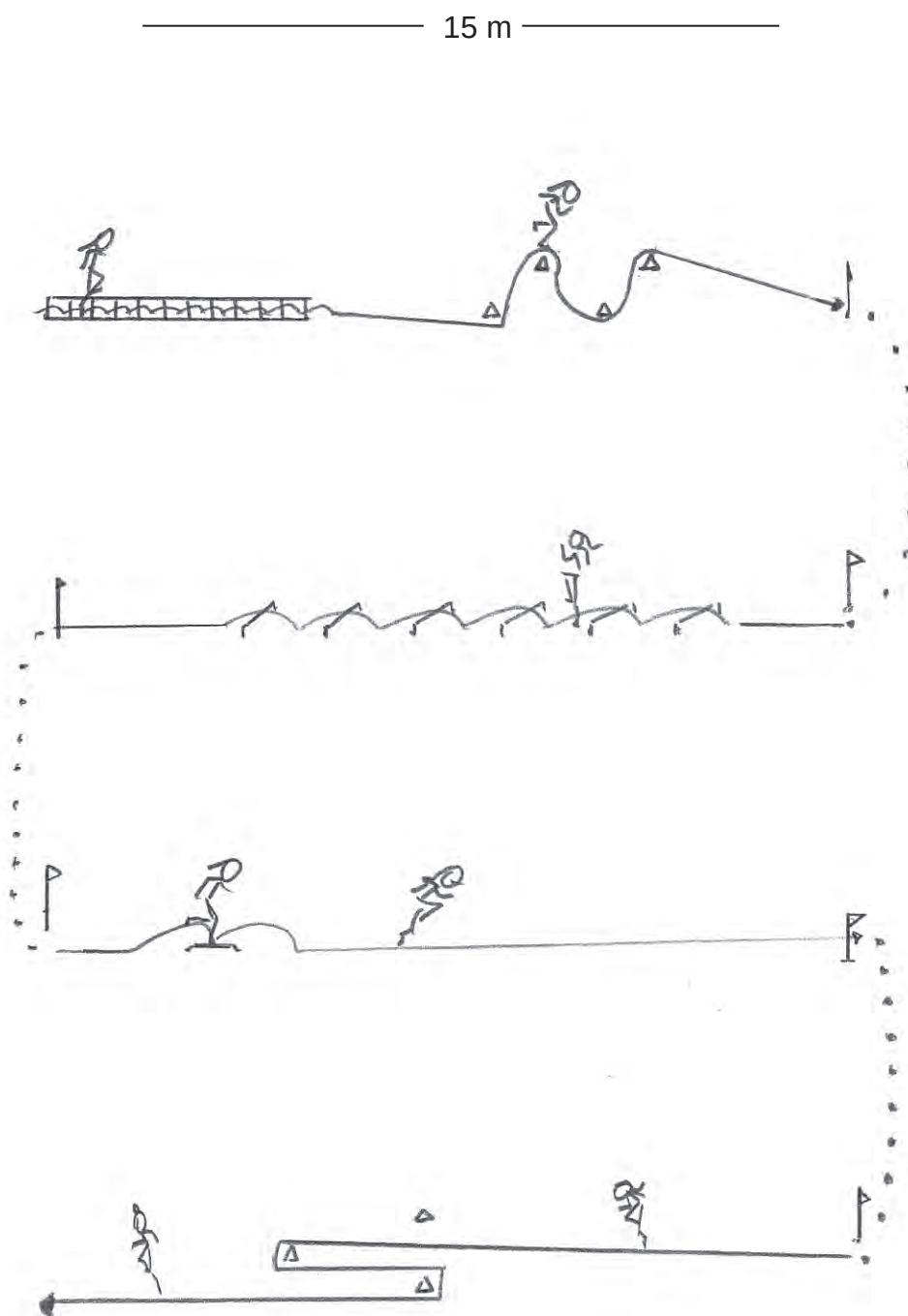
5 Rep.
R4g. 60"



5 Rep.
R4g. 60"



5 Rep.
R4g. 60"



5 Rondas
R4g. 3'

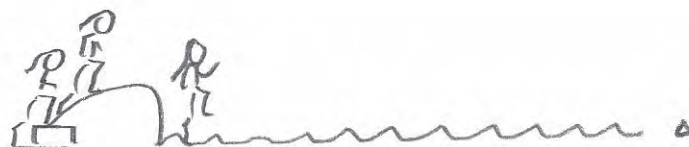
15 m



5 Rep.
Reg. 30"



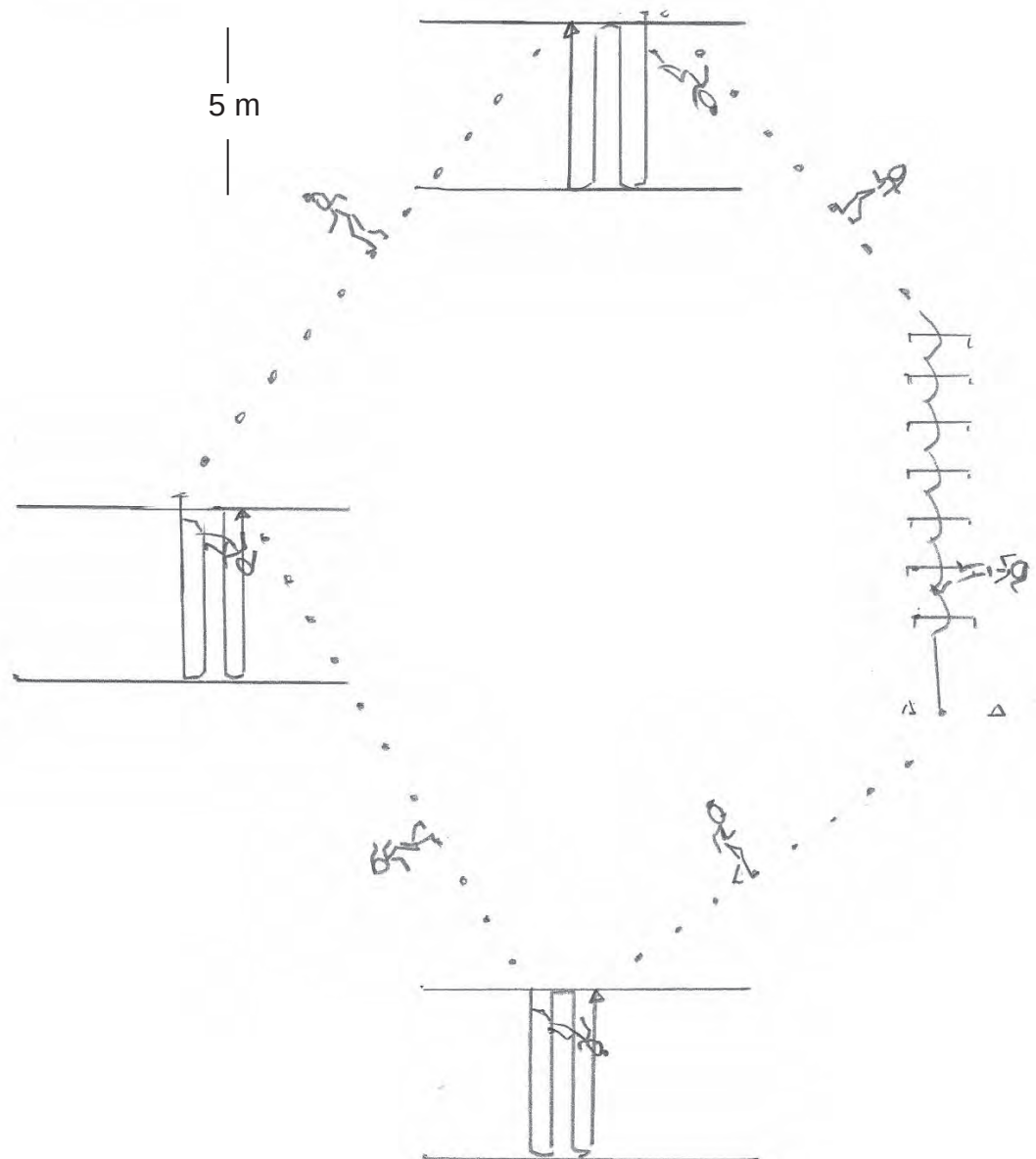
5 Rep.
Reg. 45"



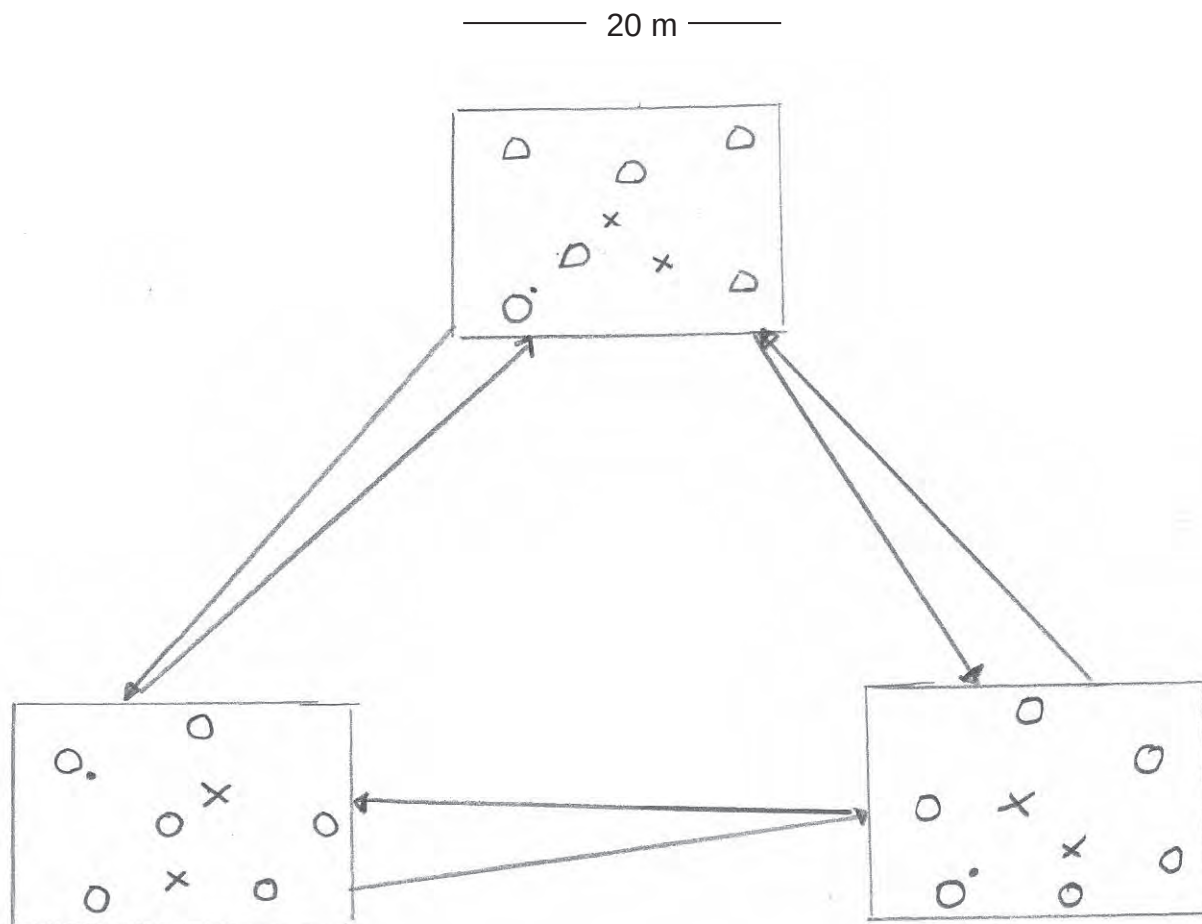
5 Rep.
Reg. 60"



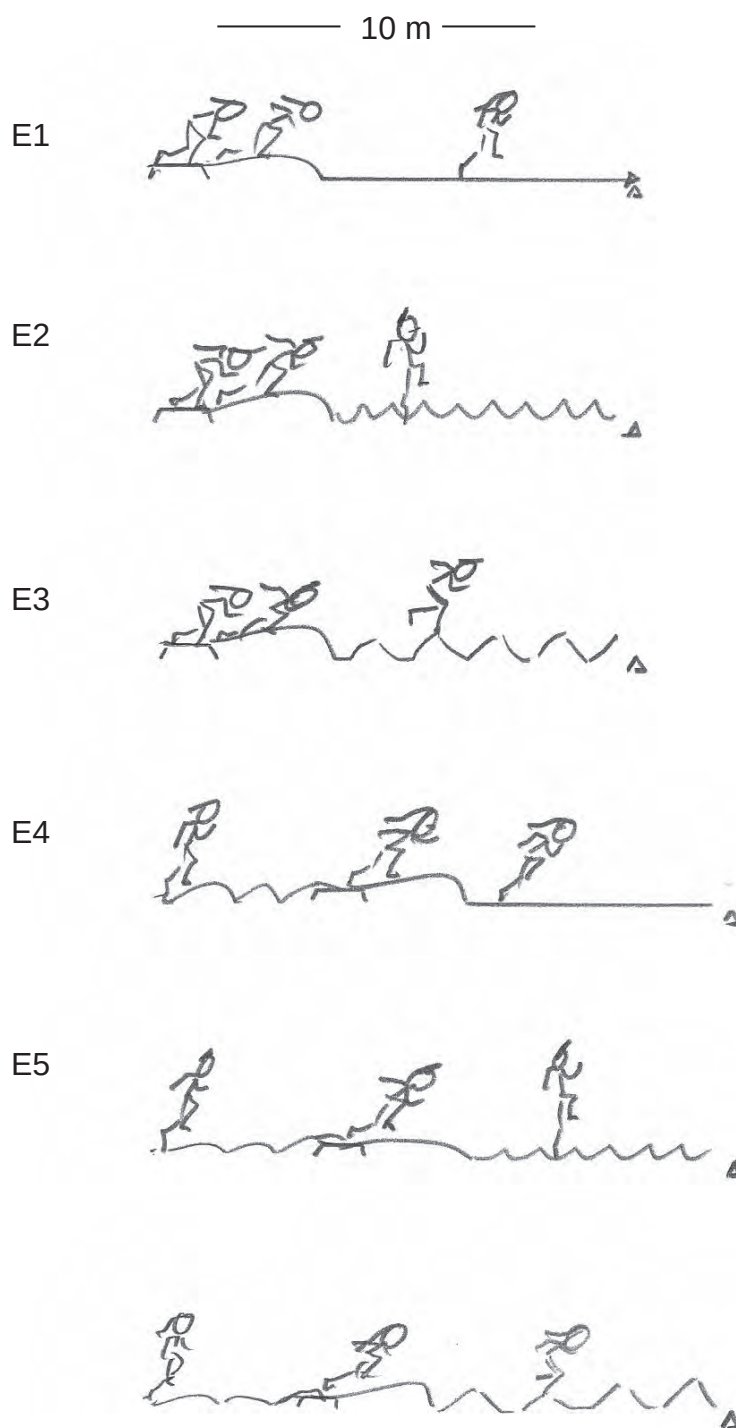
5 Rep.
Reg. 60"



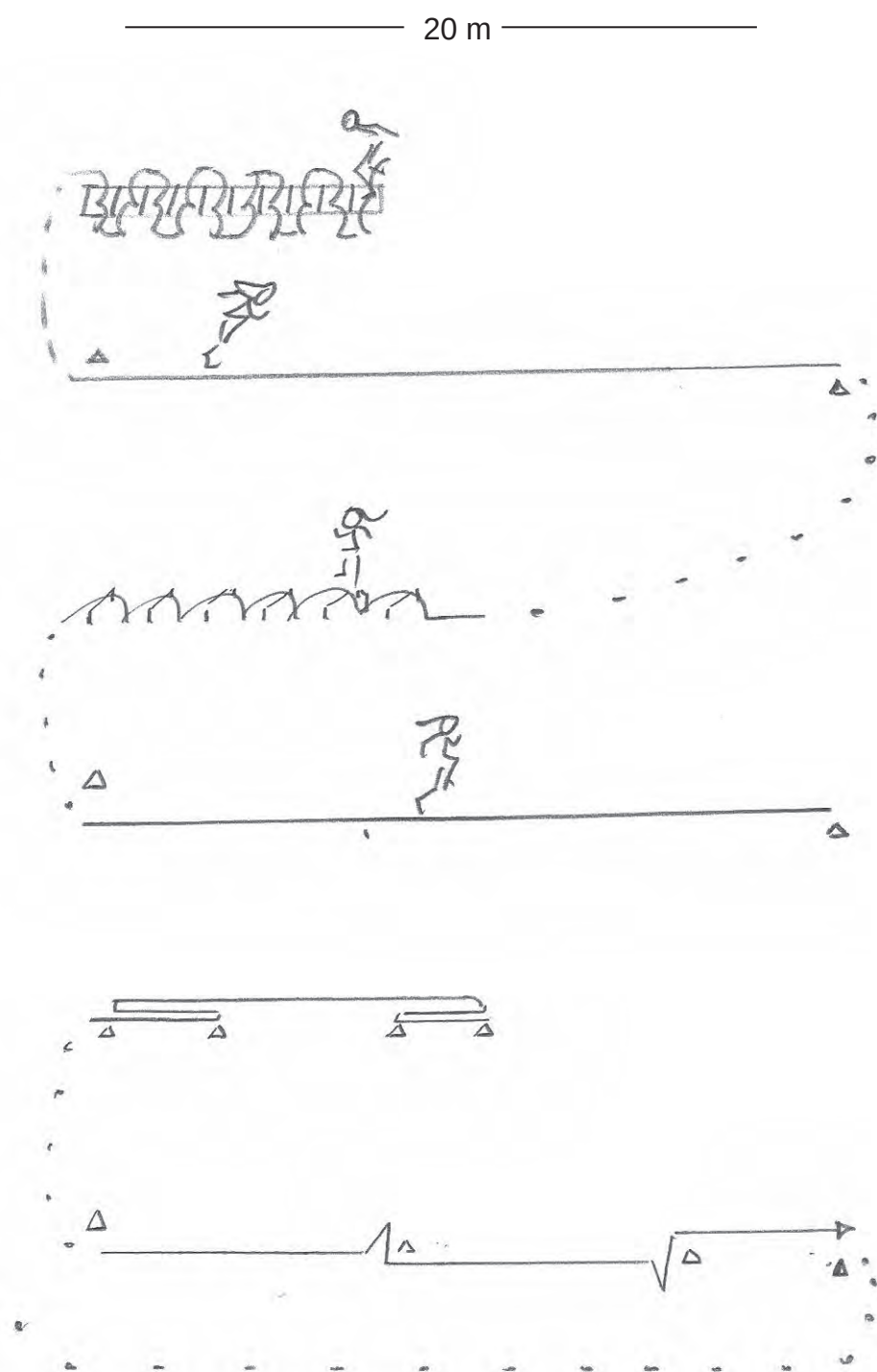
6 Rep.
Reg. 2'



8 Rep. { 45" Torito al silbatazo
Pique y regreso
a la próxima estación



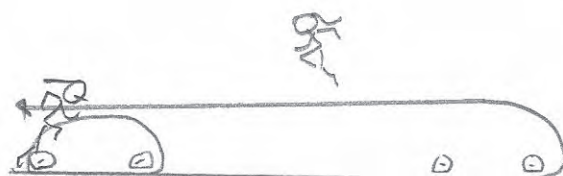
3 Rep. Reg. 30" x E1 - E2 - E3 - E4 - E5



15 m



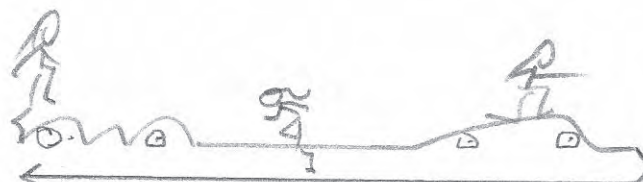
3 Rep.
R4g. 60"



3 Rep.
R4g. 60"



3 Rep.
R4g. 60"



3 Rep.
R4g. 60"

15 m



3 Rep.
R4g. 45"



3 Rep.
R4g. 45"



3 Rep.
R4g. 60"



3 Rep.
R4g. 60"

10 m

Paso atrás,
arranque



4 Rep.
R4g. 30"

Paso al frente,
atrás - sentadilla
arranque



4 Rep.
R4g. 30"

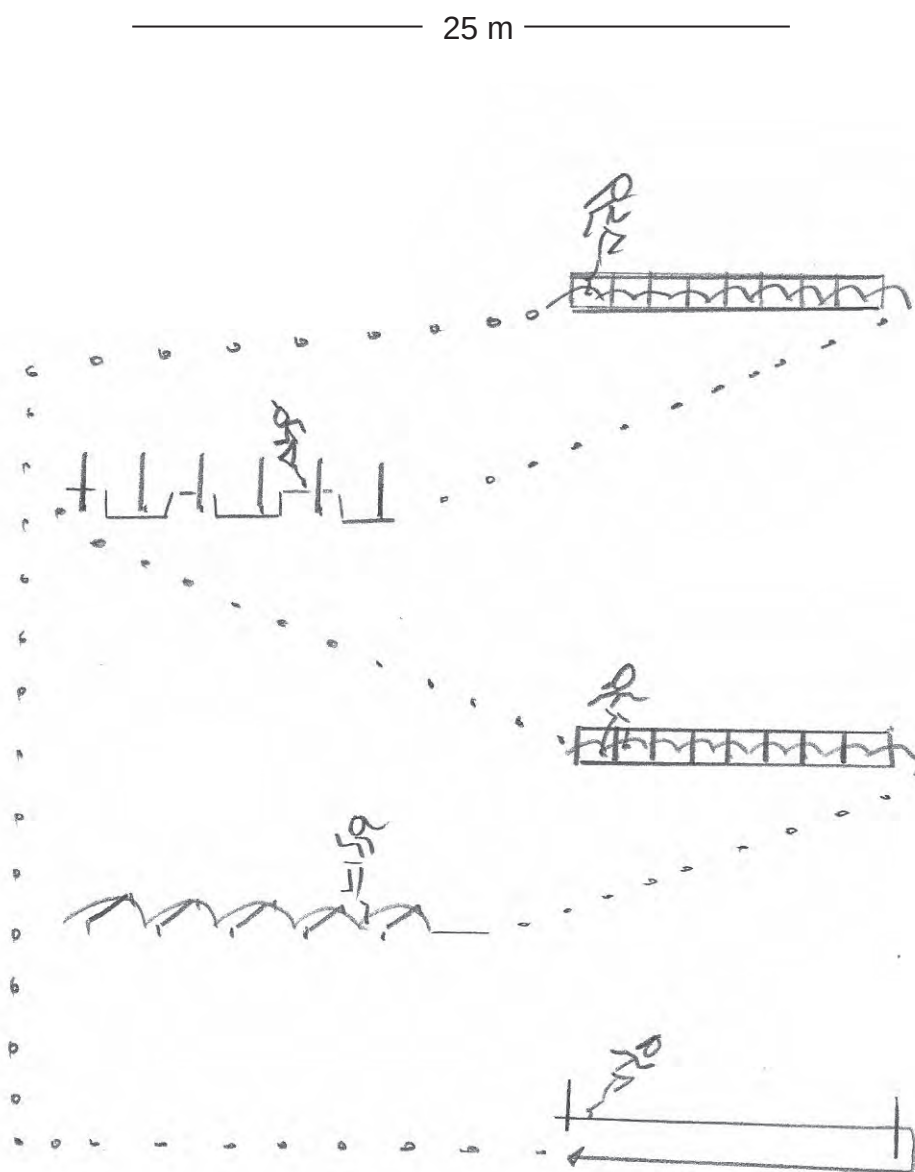
Paso lateral,
arranque



4 Rep.
R4g. 30"



4 Rep.
R4g. 30"



5 Rondas
Reg. 3'

10 m



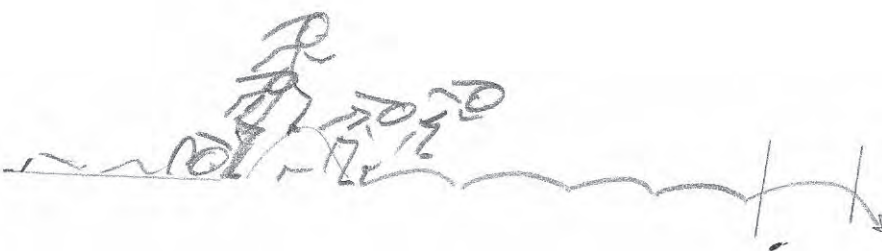
4 Rep.
R4g. 30"



4 Rep.
R4g. 30"



4 Rep.
R4g. 30"

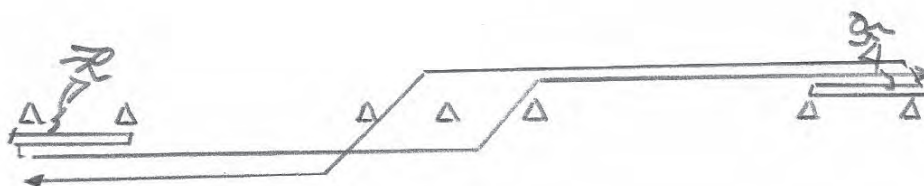


4 Rep.
R4g. 30"

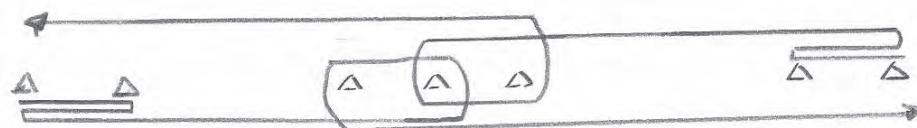
20 m



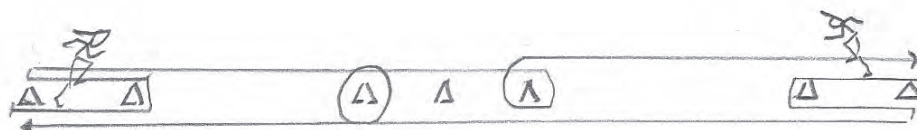
3 Rep.
Reg. 60"



3 Rep.
Reg. 60"

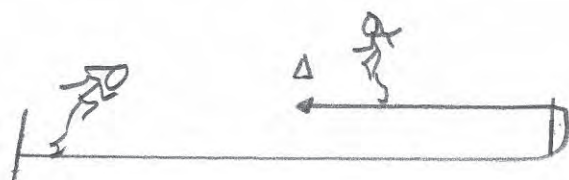


3 Rep.
Reg. 60"

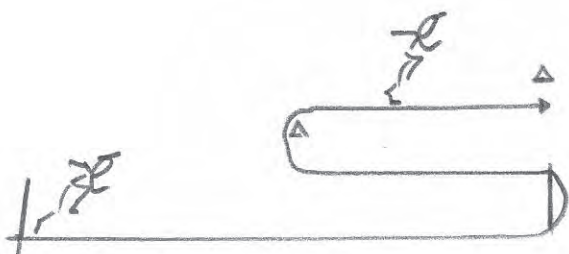


3 Rep.
Reg. 60"

10 m



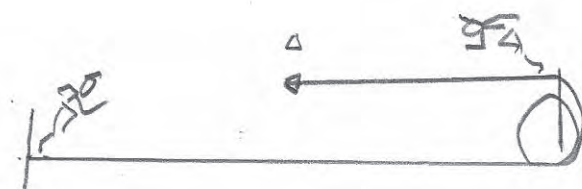
3 Rep.
Reg. 45"



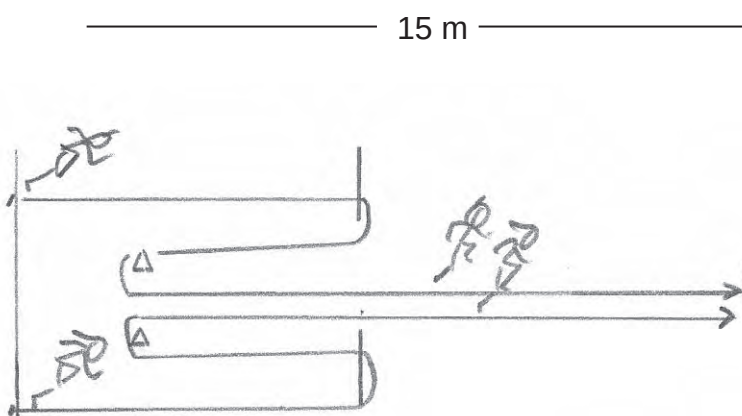
3 Rep.
Reg. 45"



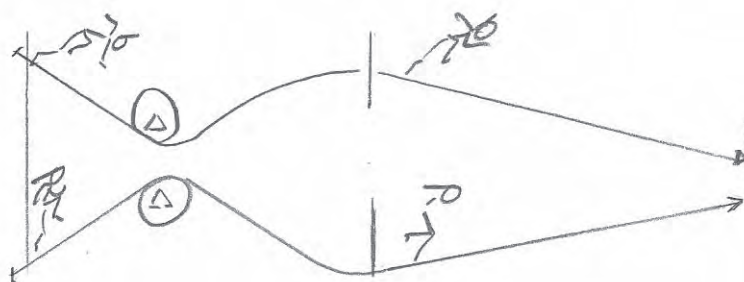
3 Rep.
Reg. 45"



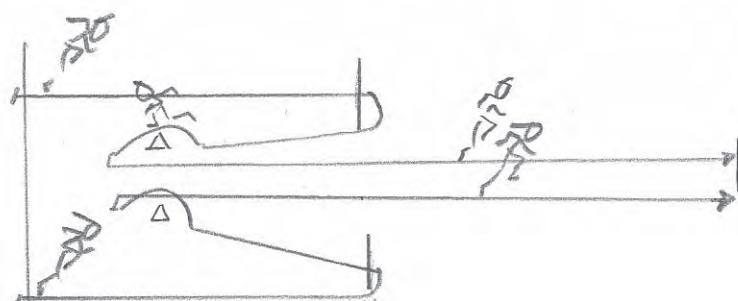
3 Rep.
Reg. 45"



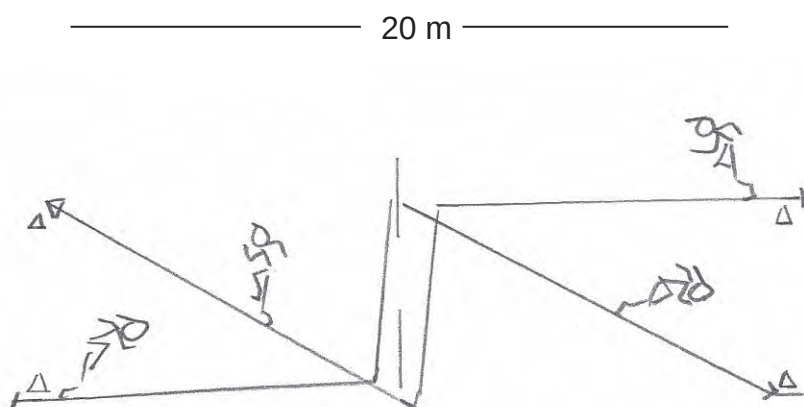
4 Rep.
Reg. 60"



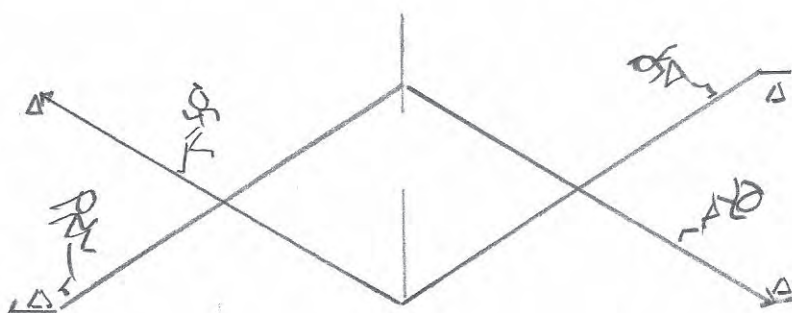
4 Rep.
Reg. 60"



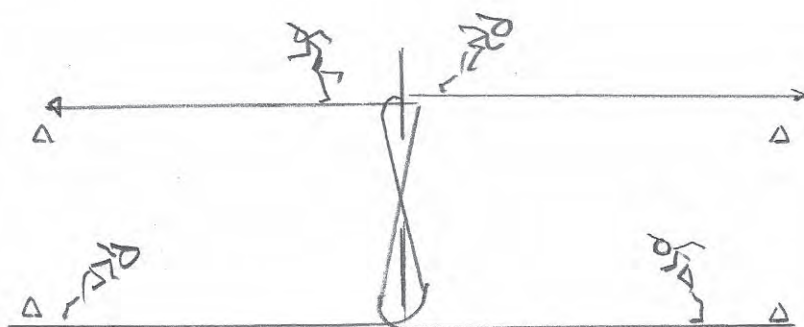
4 Rep.
Reg. 60"



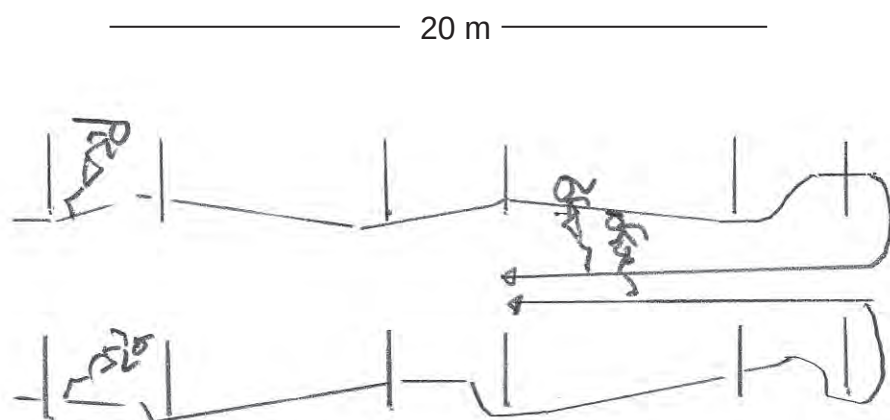
4 Rep.
Reg. 60"



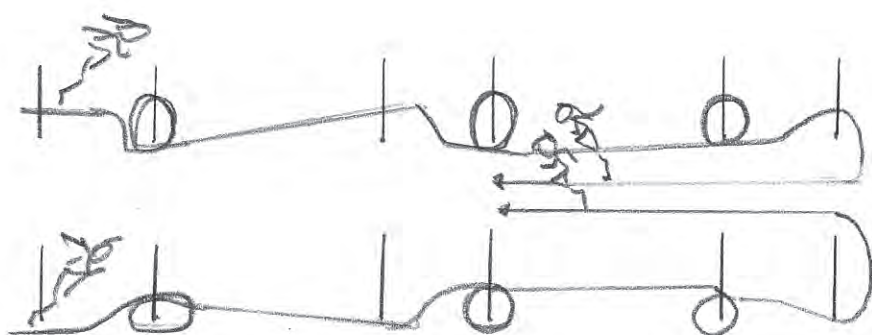
4 Rep.
Reg. 60"



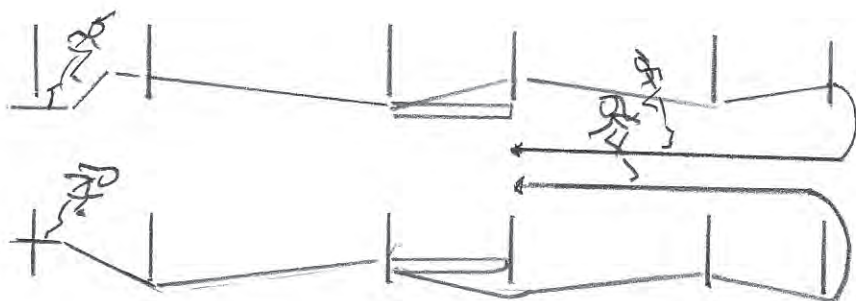
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



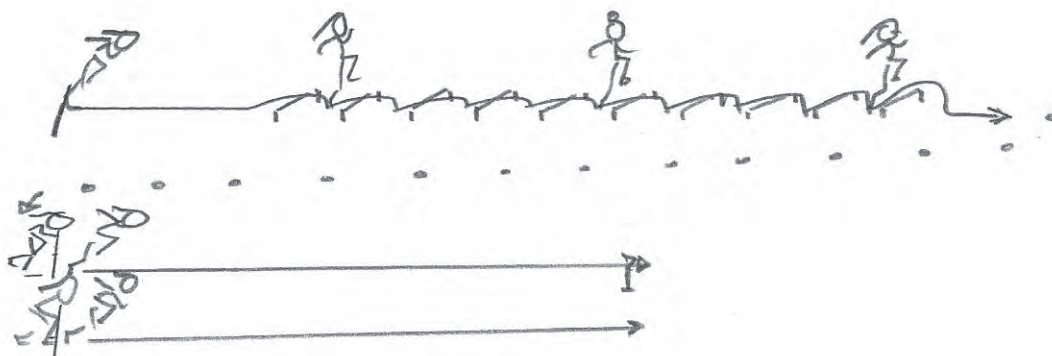
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

_____ 20 m _____

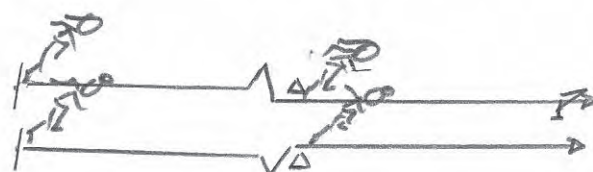
_____ 15 m _____



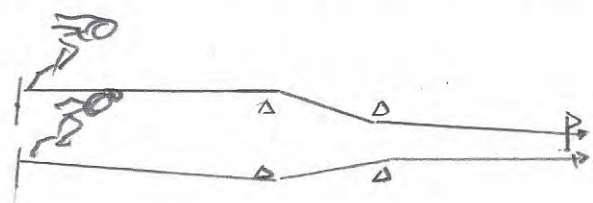
3 Rep.
Reg. 90"



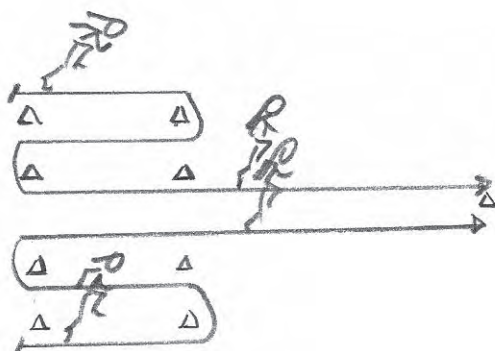
3 Rep.
Reg. 90"



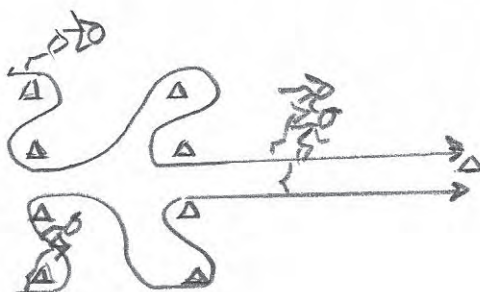
3 Rep.
Reg. 90"



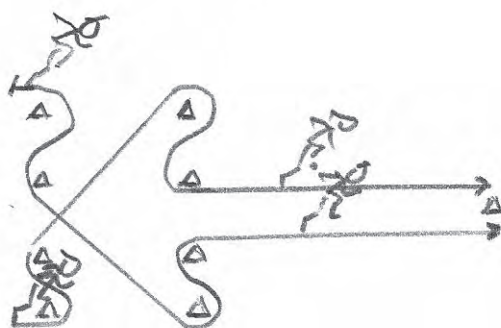
————— 10 m —————



5 Rep.
Reg. 30"



5 Rep.
Reg. 30"



5 Rep.
Reg. 30"

————— 15 m —————



5 Rep.
Reg. 30"



5 Rep.
Reg. 30"



5 Rep.
Reg. 30"

————— 12 m —————



4 Rep.
Reg. 30"



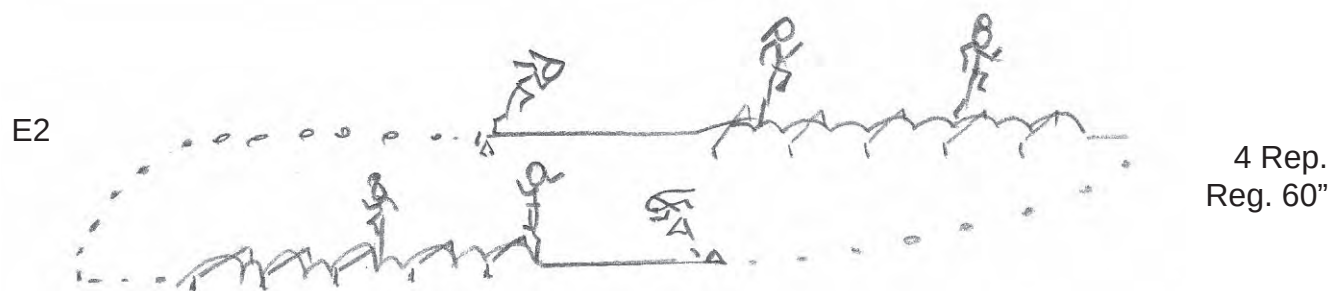
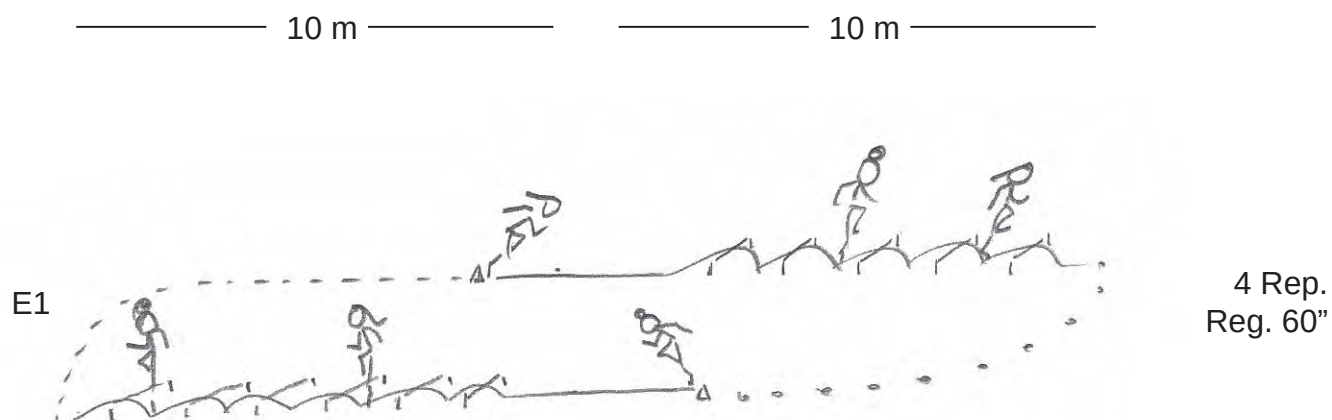
4 Rep.
Reg. 30"



4 Rep.
Reg. 30"

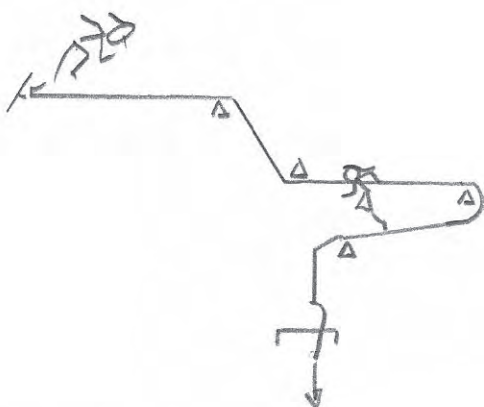


4 Rep.
Reg. 45"

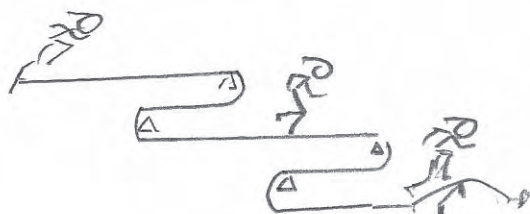


E1 Pasaje Frontal
E2 Pasaje Frontal con doble apoyo
E3 Pasaje Lateral

————— 15 m —————



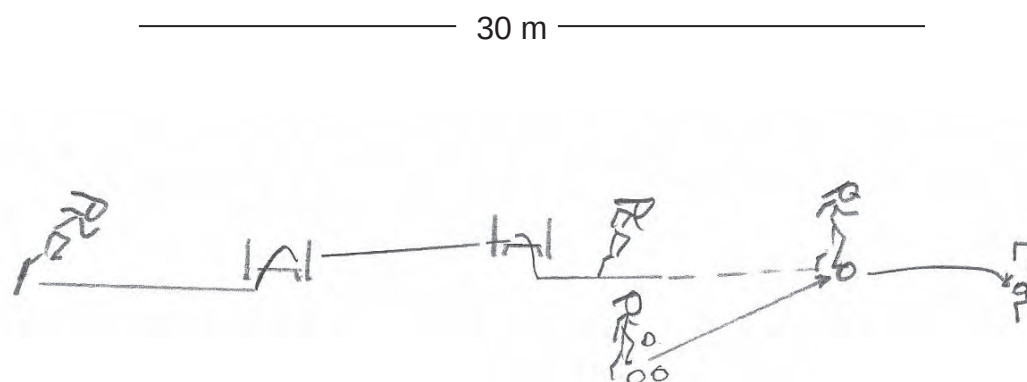
4 Rep.
Reg. 45"



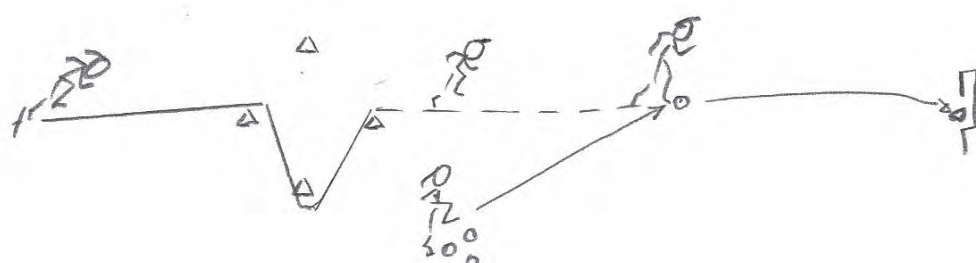
4 Rep.
Reg. 45"



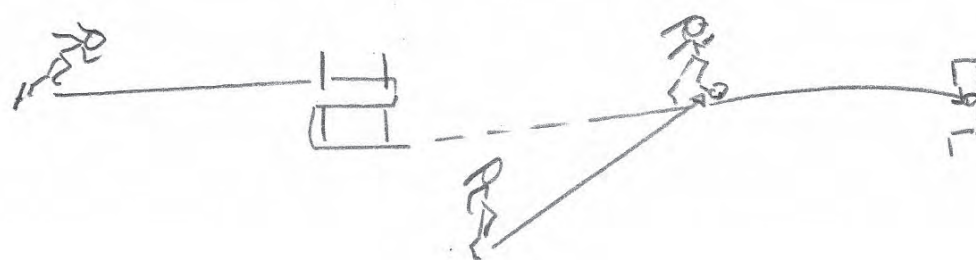
4 Rep.
Reg. 45"



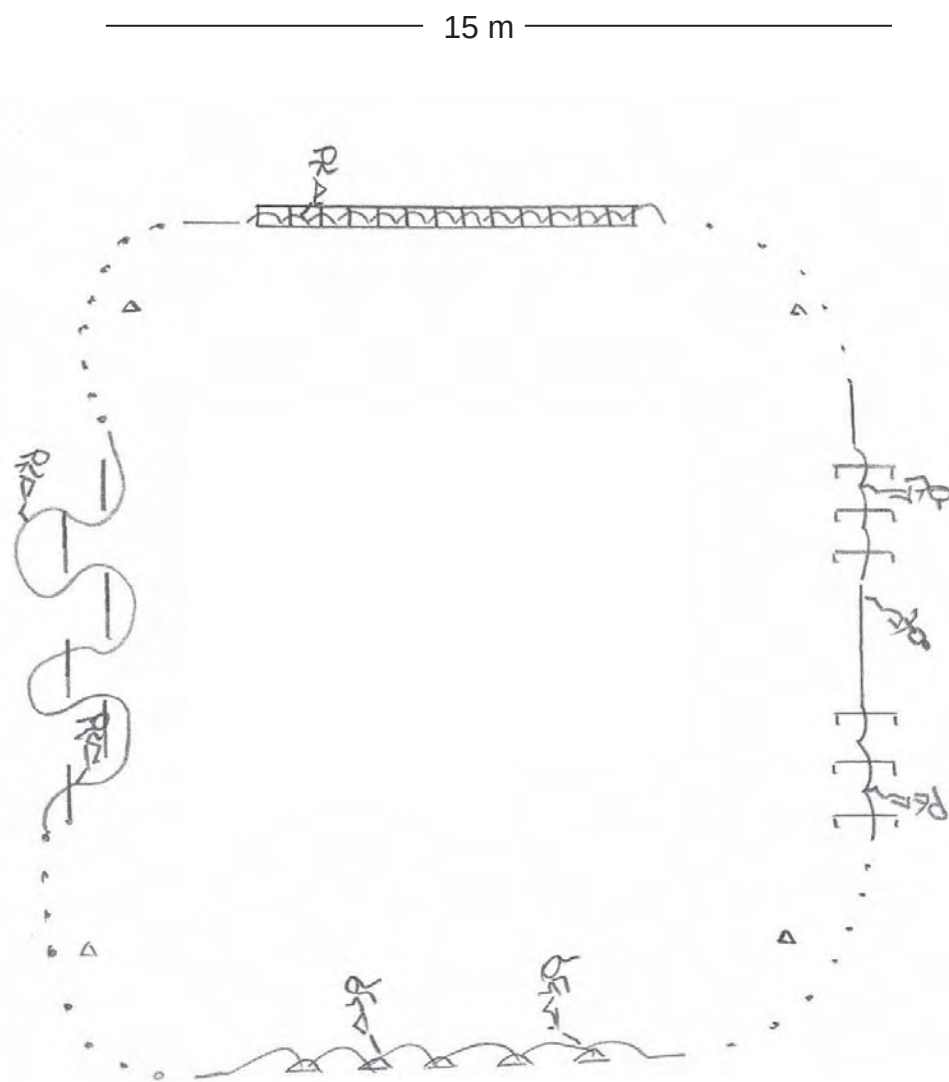
5 Rep.
Reg. 60"

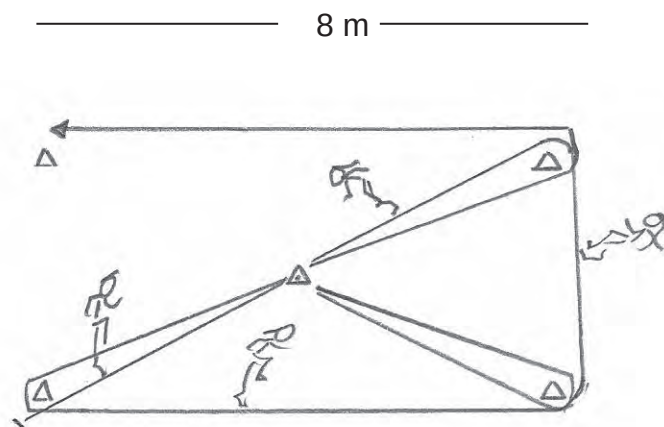


5 Rep.
Reg. 60"

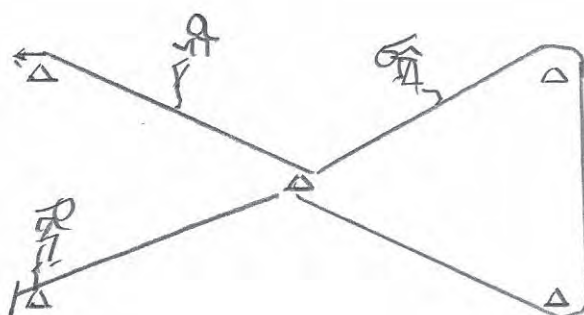


5 Rep.
Reg. 60"

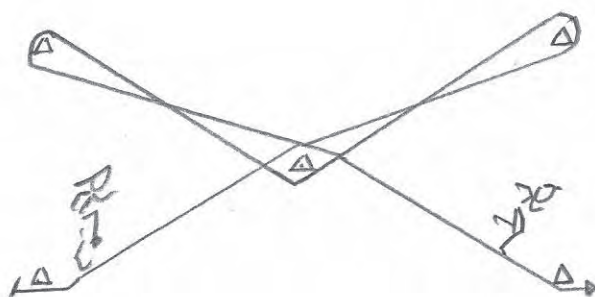




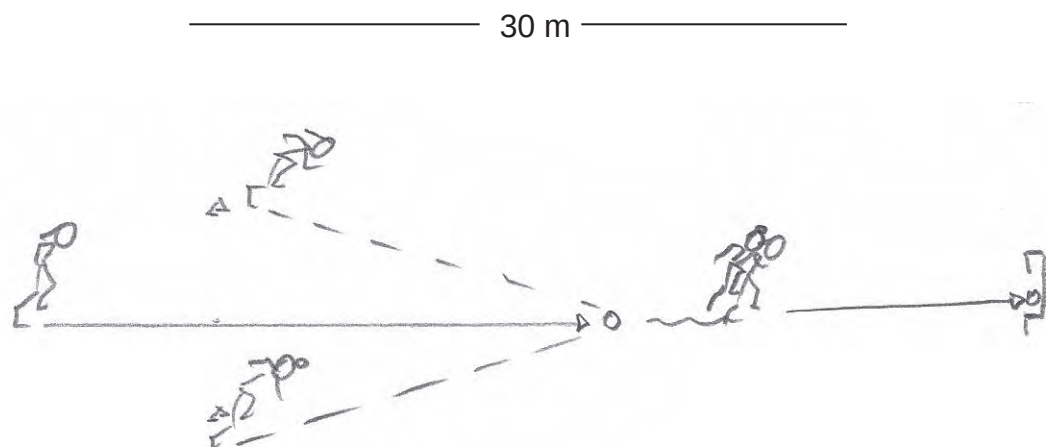
4 Rep.
Reg. 60"



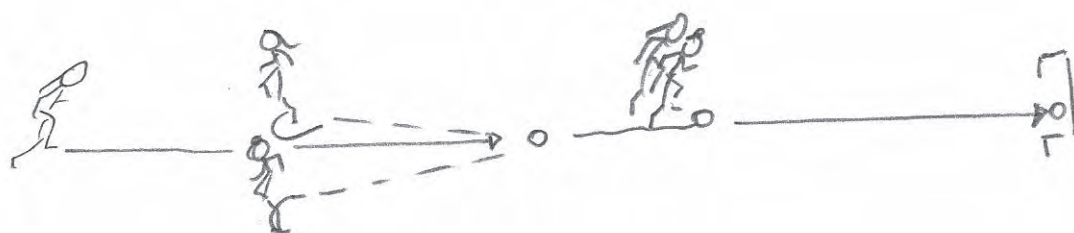
4 Rep.
Reg. 60"



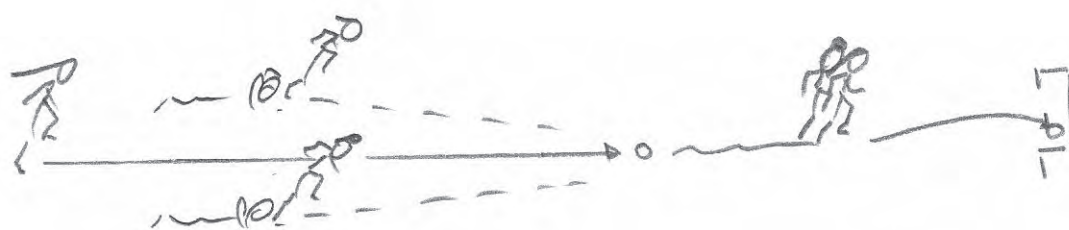
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

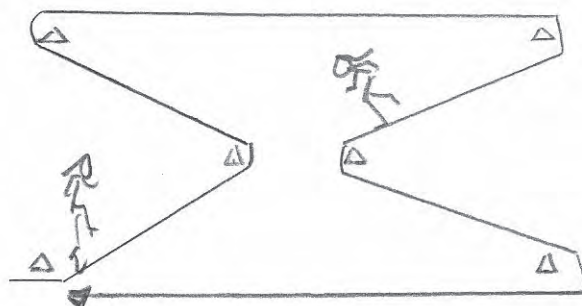


4 Rep.
Reg. 60"

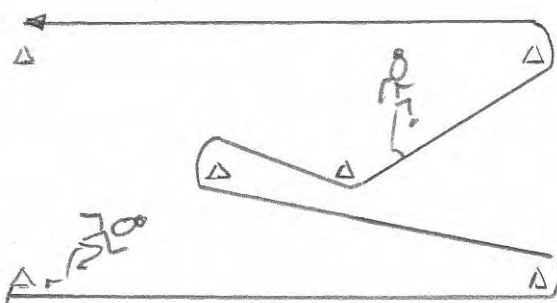


4 Rep.
Reg. 60"

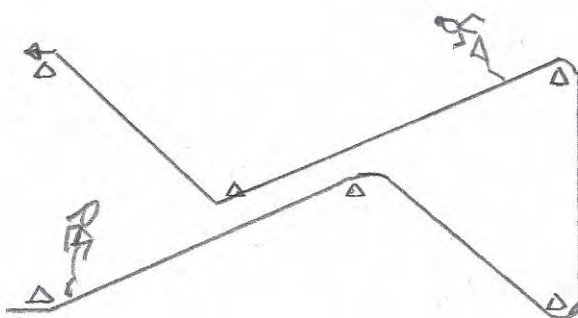
10 m



5 Rep.
Reg. 30"

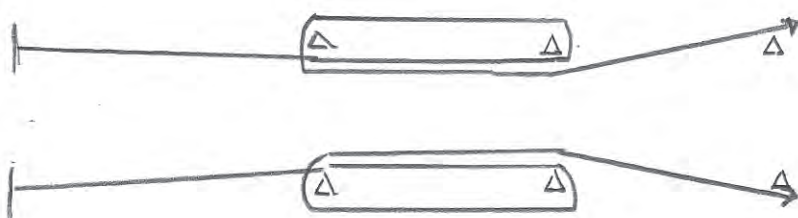


5 Rep.
Reg. 30"

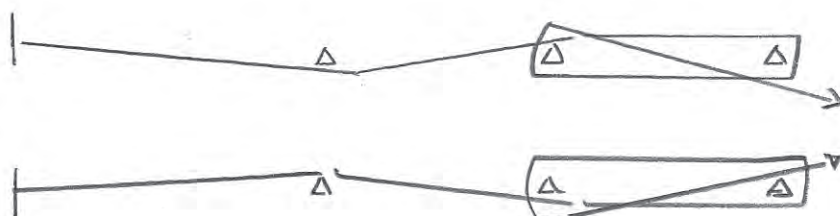


5 Rep.
Reg. 30"

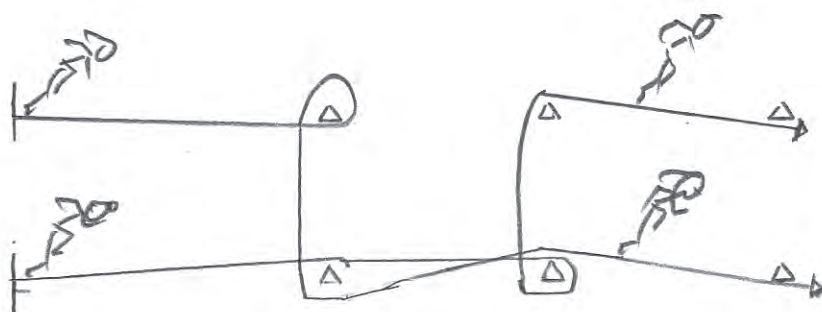
————— 15 m —————



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

————— 15 m —————



3 Rep.
Reg. 30"



3 Rep.
Reg. 30"

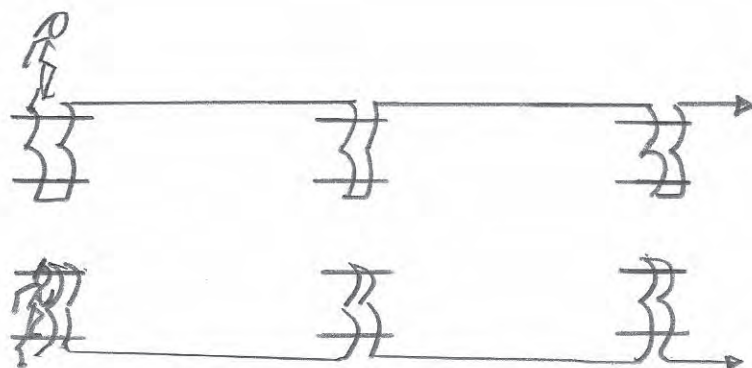


3 Rep.
Reg. 45"

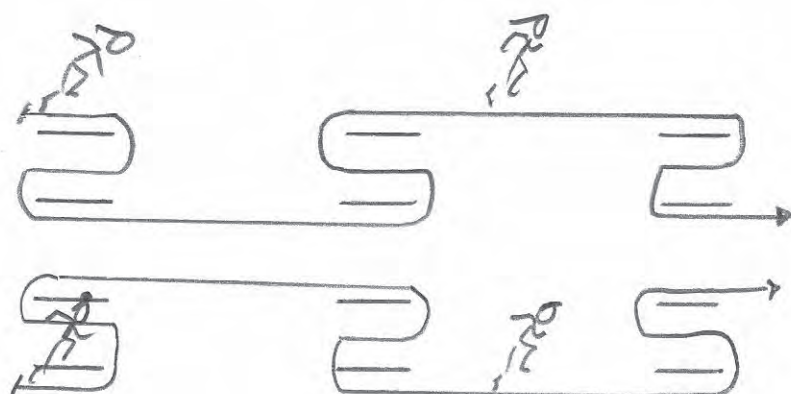


3 Rep.
Reg. 45"

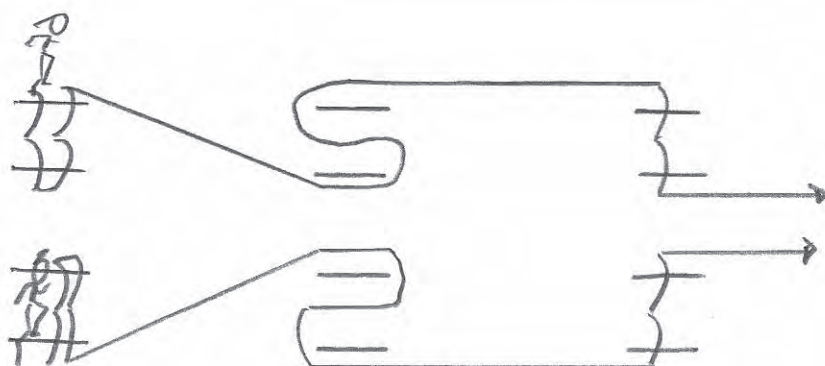
————— 20 m —————



4 Rep.
Reg. 45"

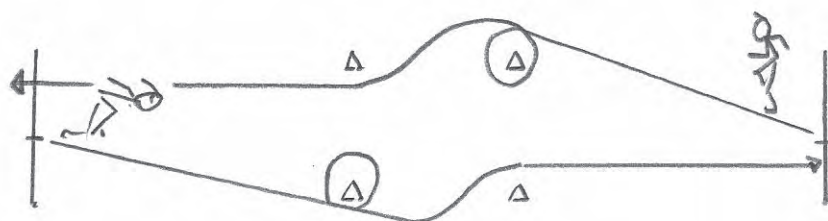


4 Rep.
Reg. 60"

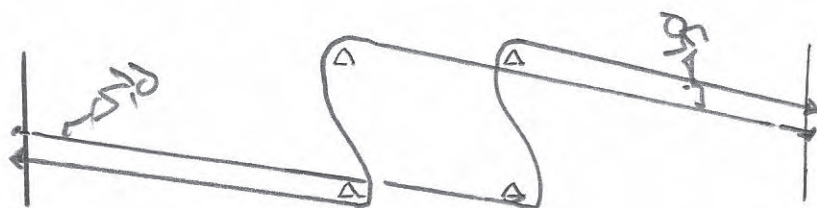


4 Rep.
Reg. 60"

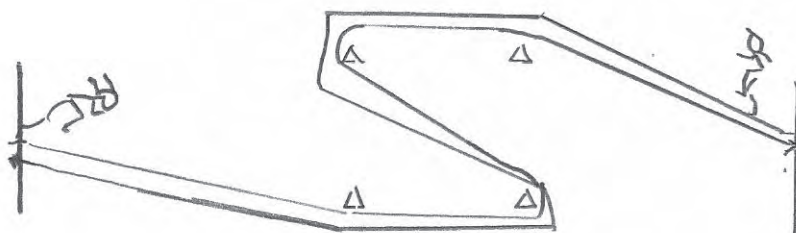
15 m



5 Rep.
Reg. 45"

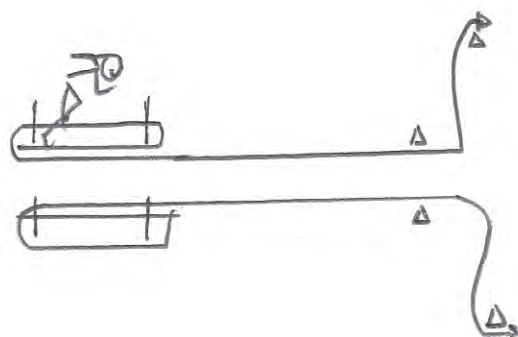


5 Rep.
Reg. 45"

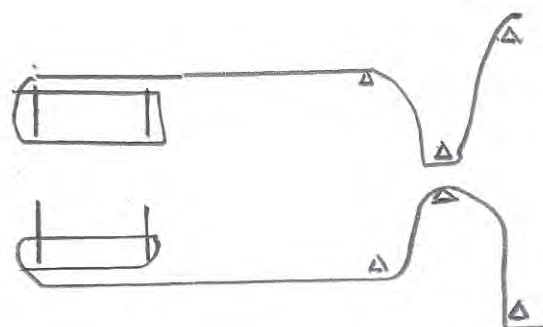


5 Rep.
Reg. 45"

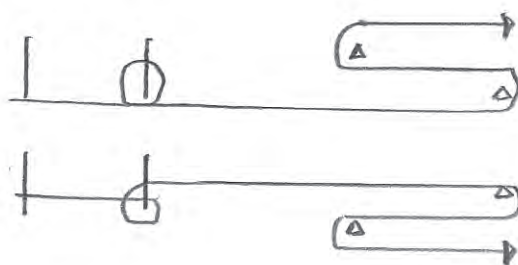
10 m



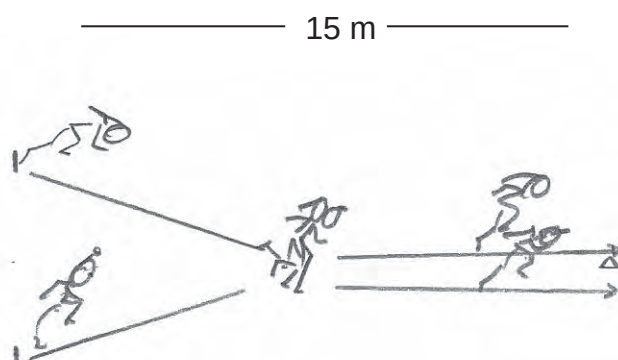
4 Rep.
Reg. 45"



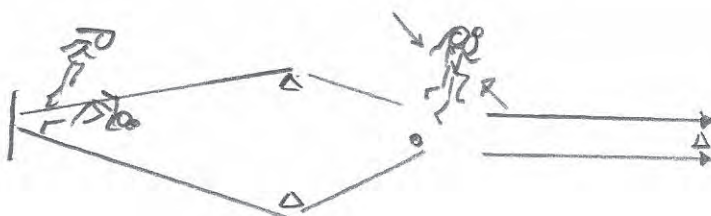
4 Rep.
Reg. 45"



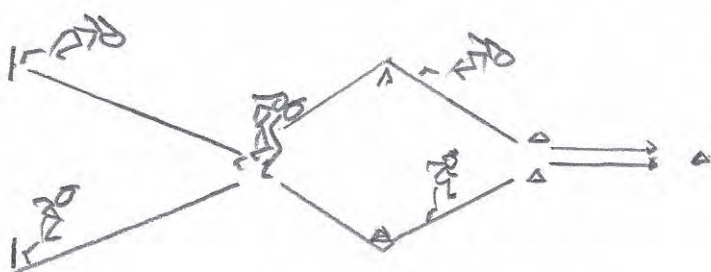
4 Rep.
Reg. 45"



5 Rep.
Reg. 45"

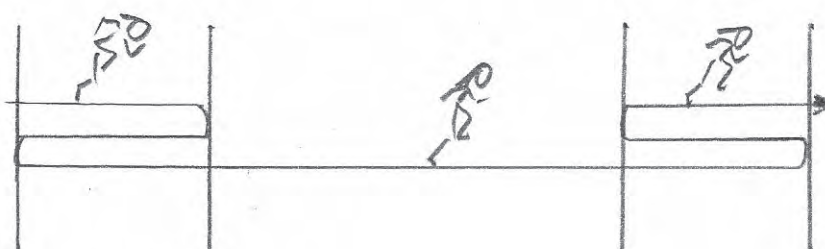


5 Rep.
Reg. 45"

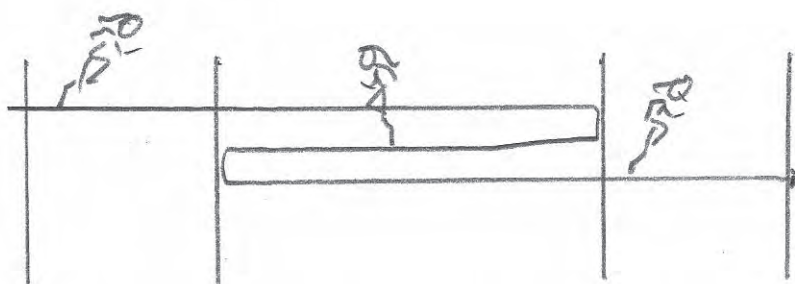


5 Rep.
Reg. 45"

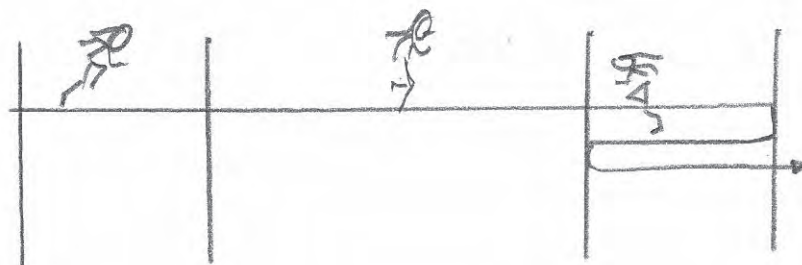
— 3 m — — 6 m — — 3 m —



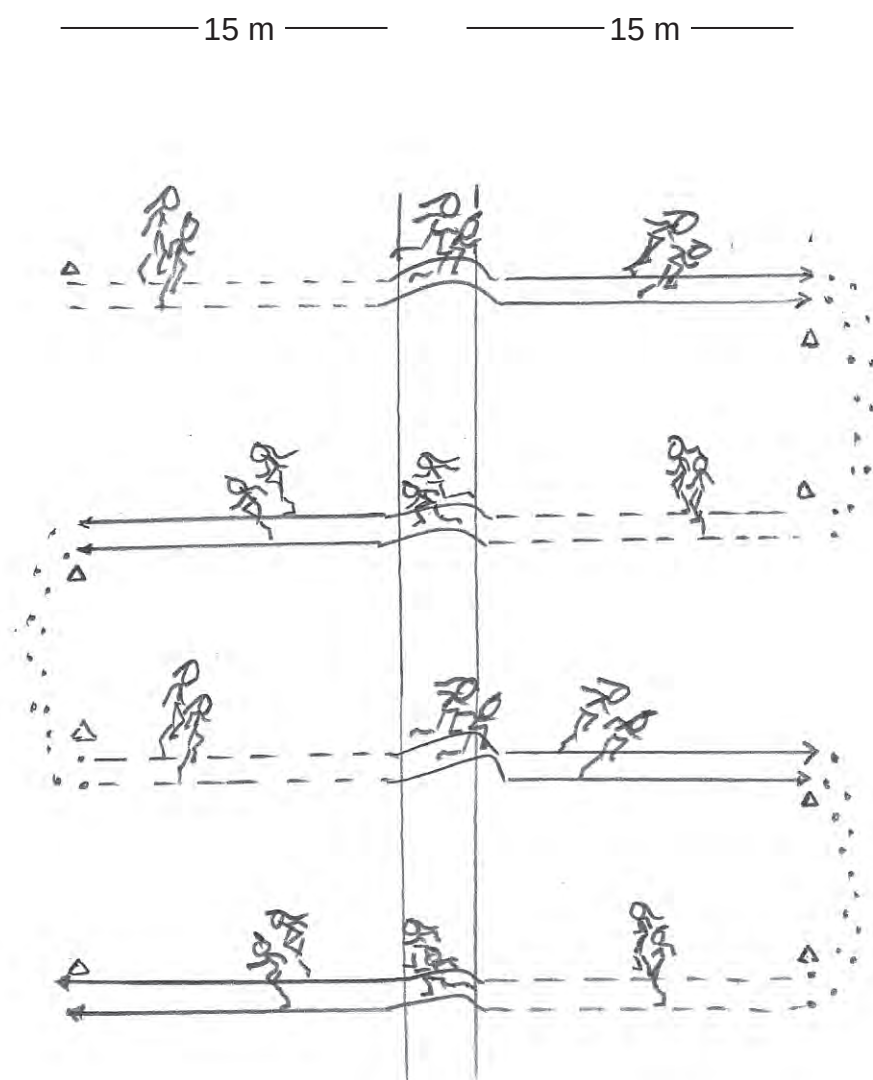
4 Rep.
Reg. 60"



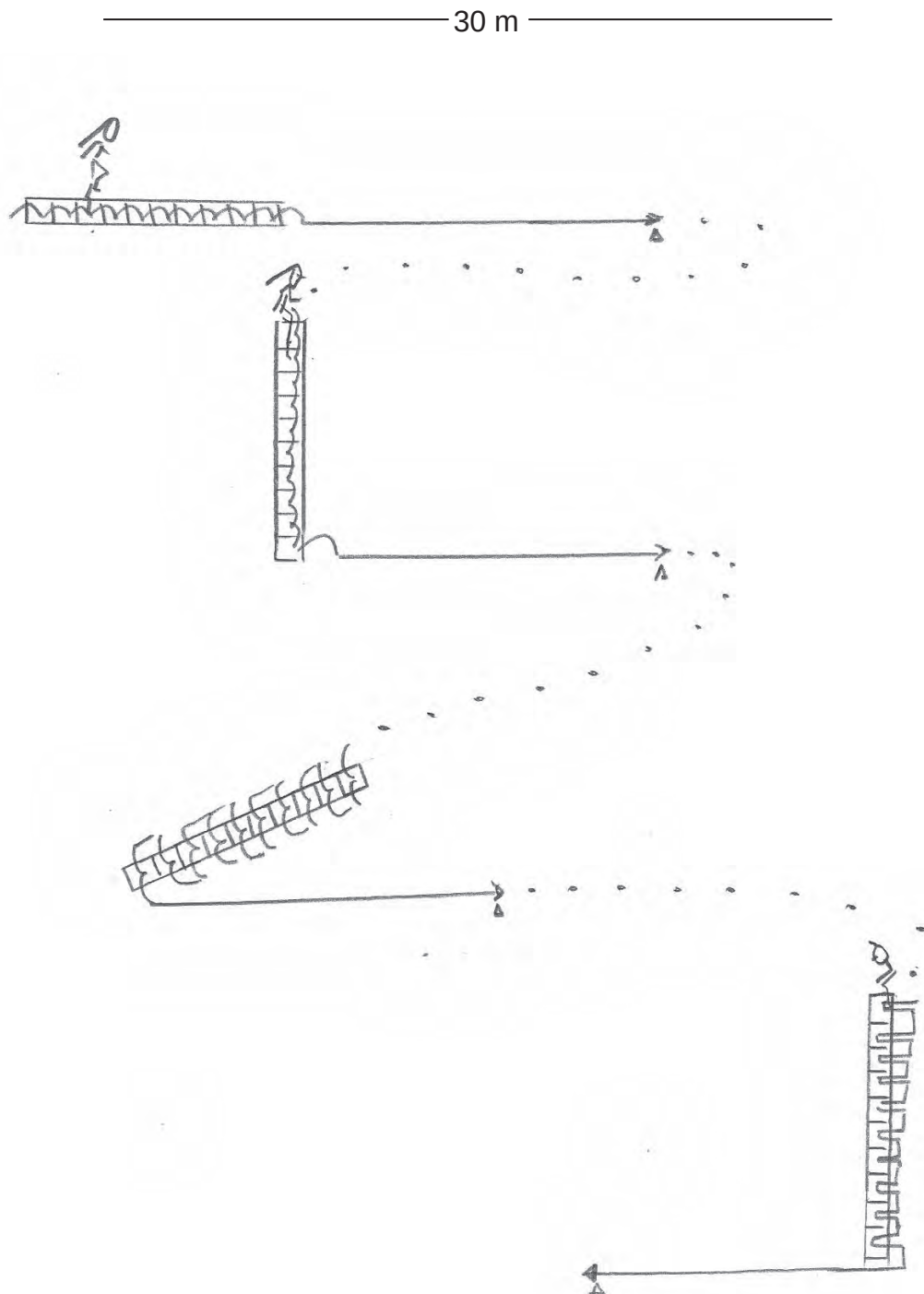
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



5 Rondas
Reg. 3'

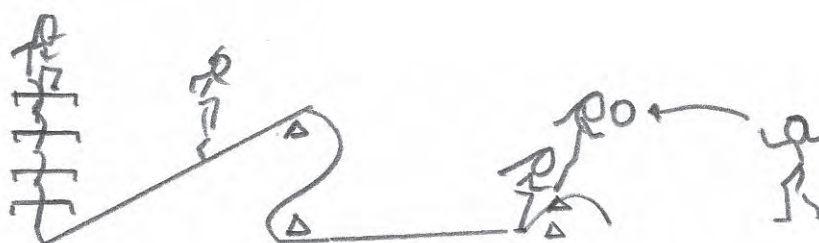


5 Rondas
Reg. 3'

15 m



5 Rep.
Reg. 45"

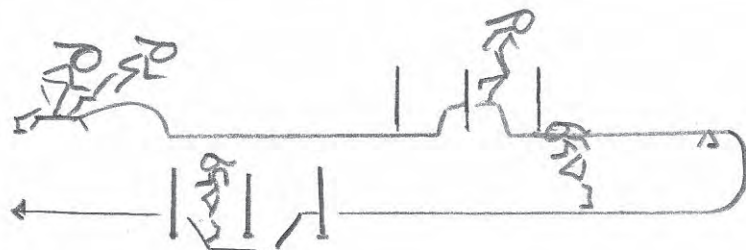


5 Rep.
Reg. 45"

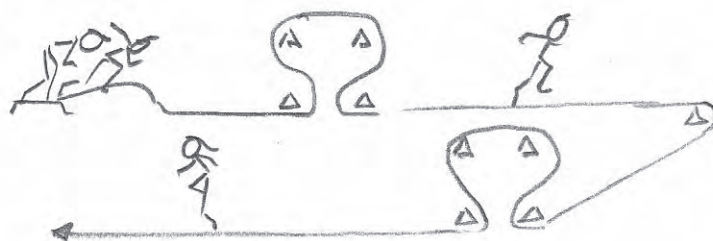


5 Rep.
Reg. 60"

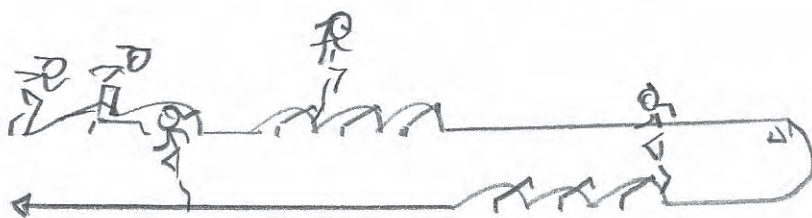
15 m



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

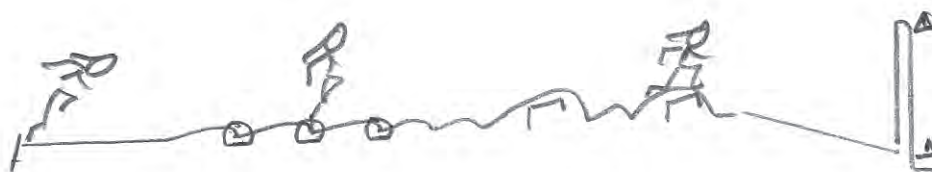


4 Rep.
Reg. 60"

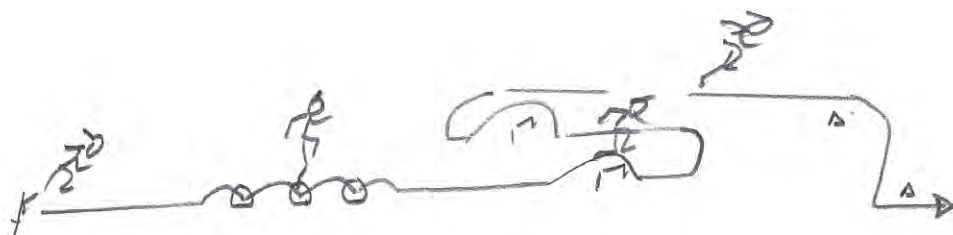
————— 20 m —————



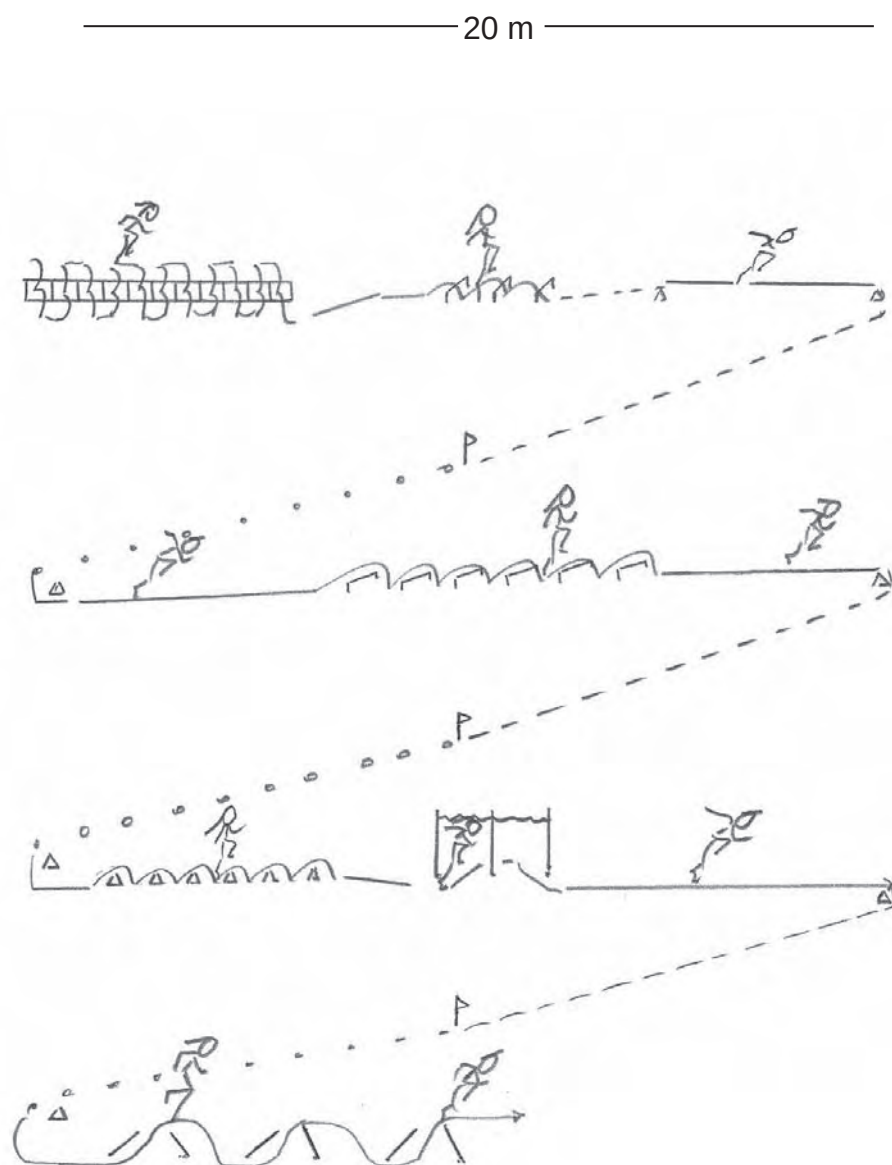
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

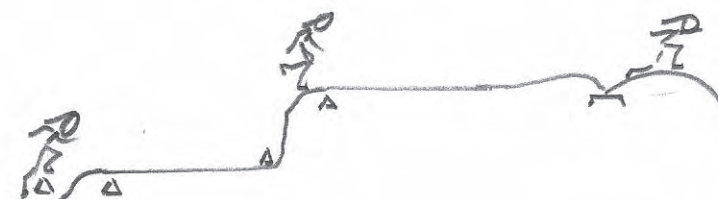


4 Rep.
Reg. 60"

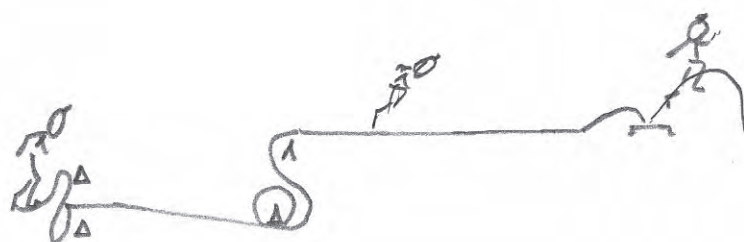


5 Rondas
Reg. 4'

15 m



5 Rep.
Reg. 30"

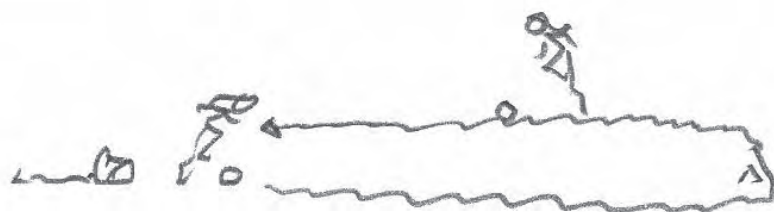


5 Rep.
Reg. 30"

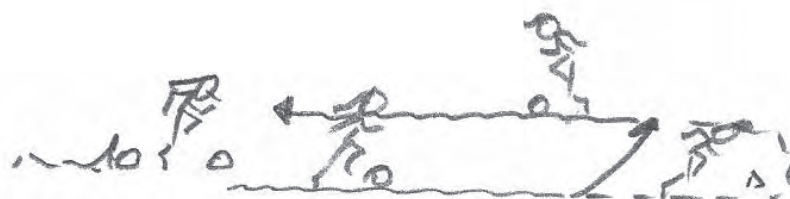


5 Rep.
Reg. 45"

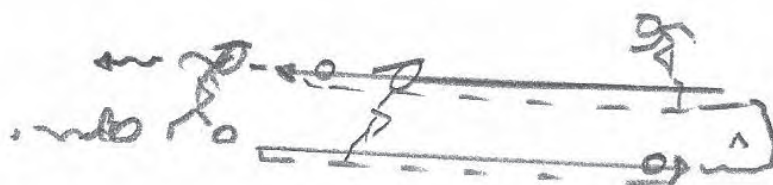
15 m



5 Rep.
Reg. 45"

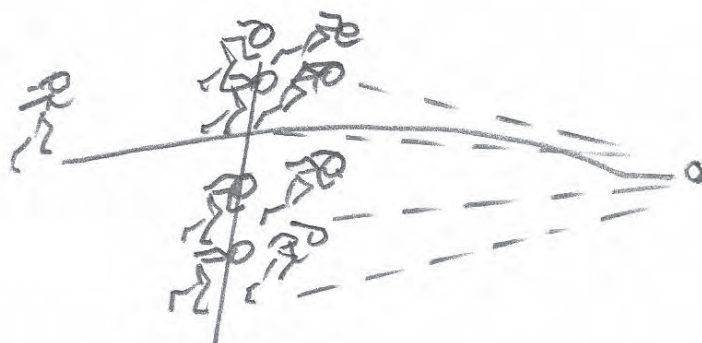


5 Rep.
Reg. 45"

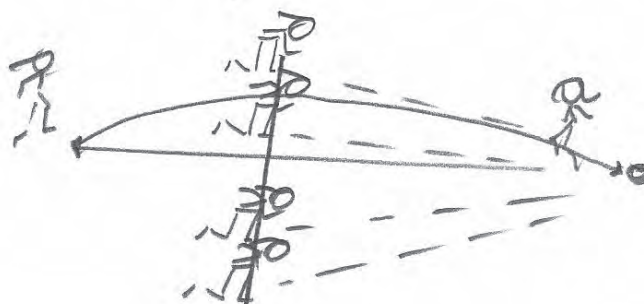


5 Rep.
Reg. 45"

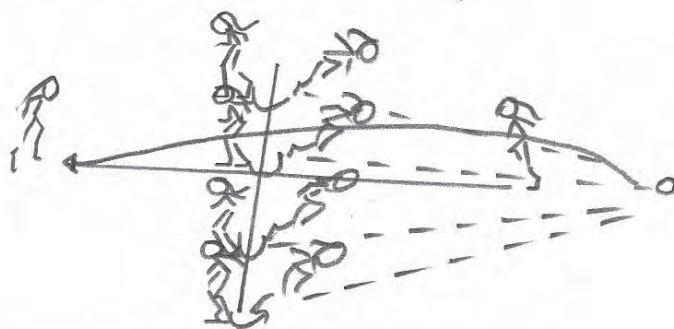
15 m



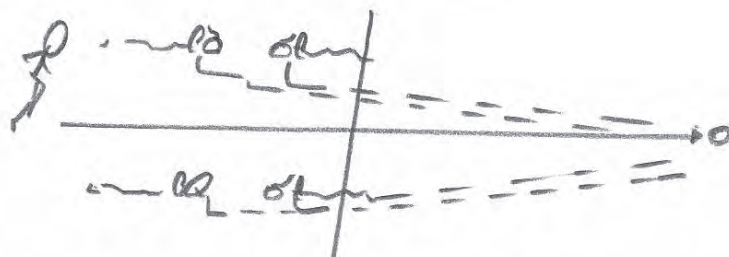
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

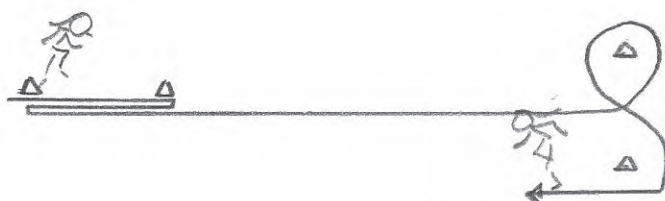


4 Rep.
Reg. 45"

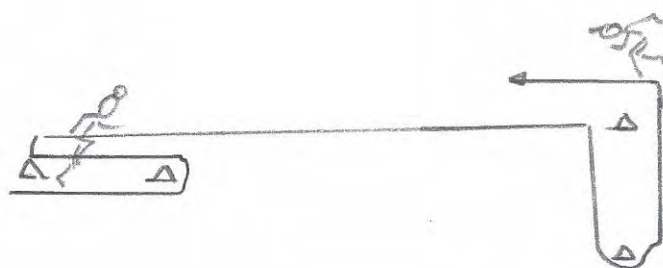


4 Rep.
Reg. 45"

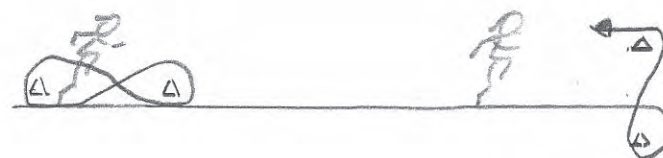
15 m



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

— 20 m —



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

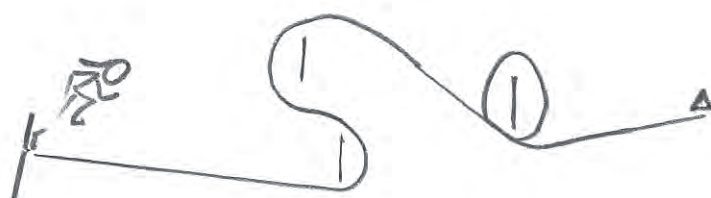


3 Rep.
Reg. 45"

15 m



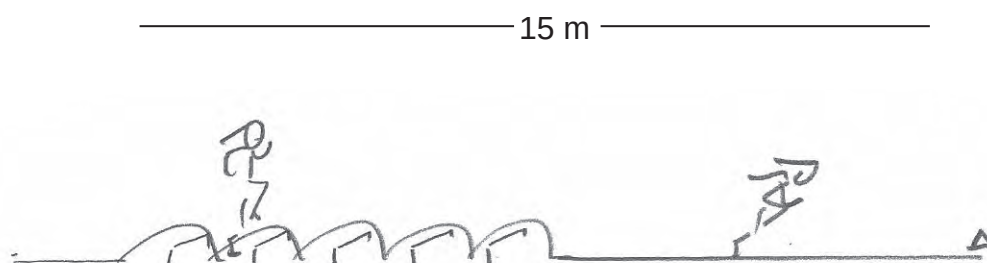
5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

————— 20 m —————



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

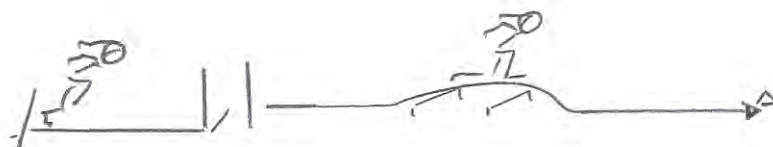
15 m



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

————— 10 m —————



6 Rep.
Reg. 30"



6 Rep.
Reg. 45"



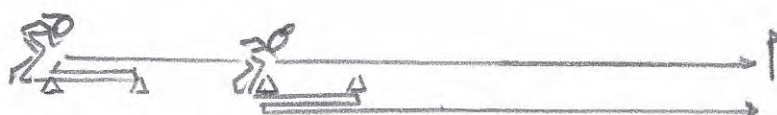
6 Rep.
Reg. 60"



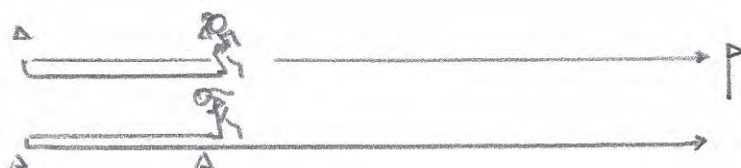
3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

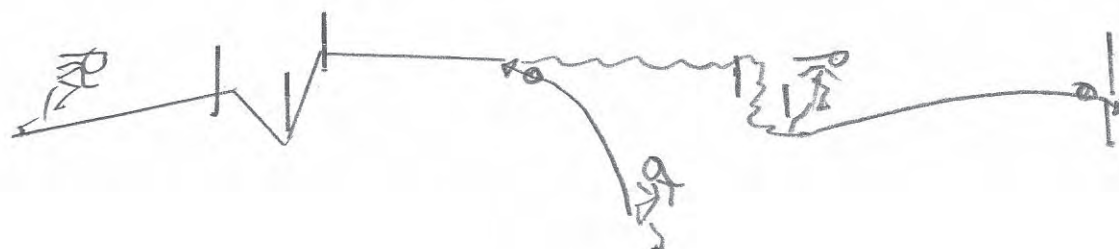


3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

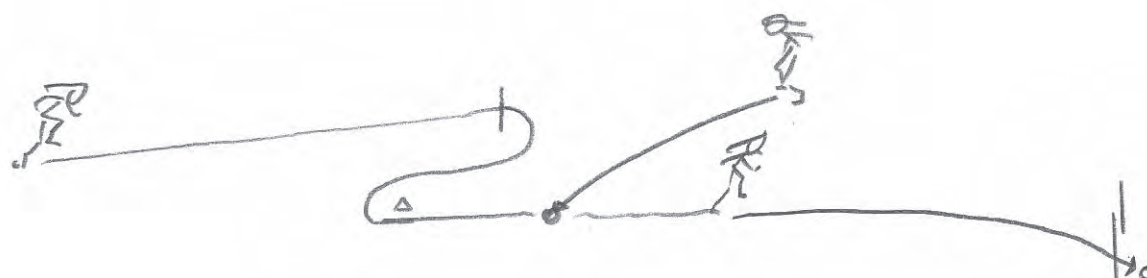
————— 25 m —————



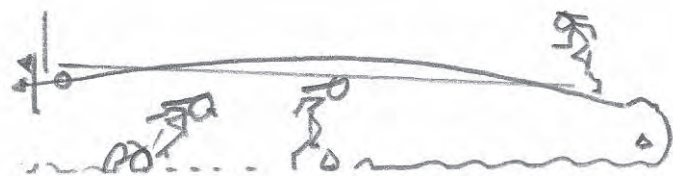
4 Rep.
Reg. 1'



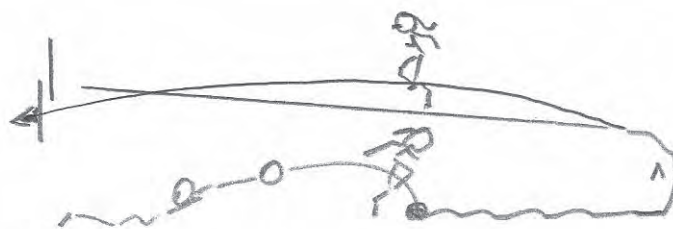
4 Rep.
Reg. 1'



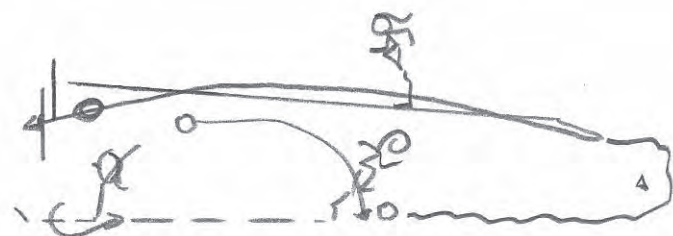
4 Rep.
Reg. 1'



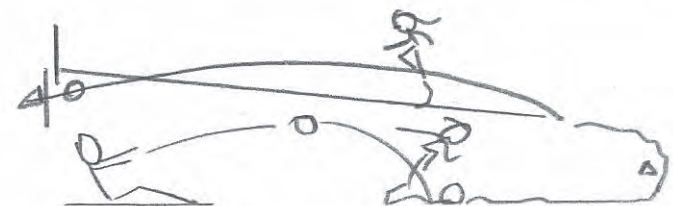
3 Rep.
Reg. 45"



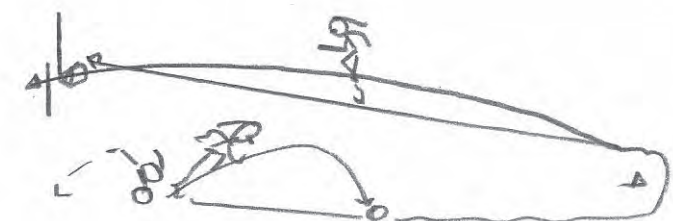
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

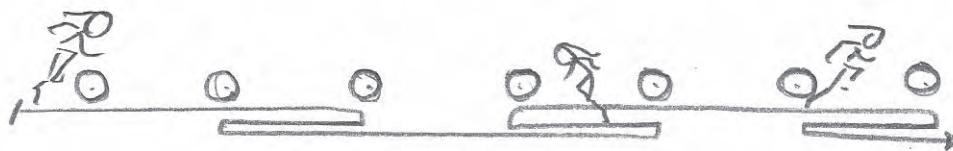


3 Rep.
Reg. 45"

18 m



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

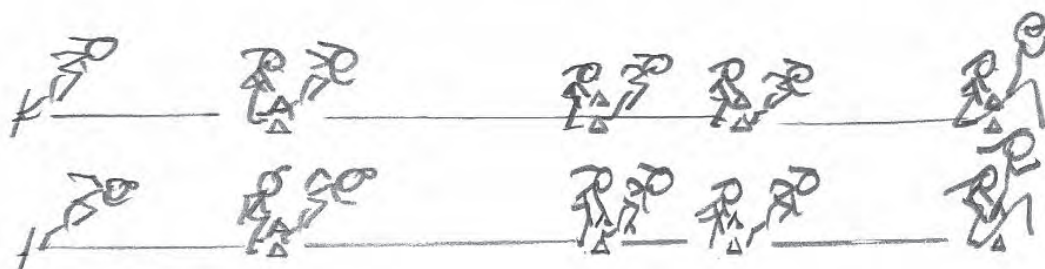


3 Rep.
Reg. 1'

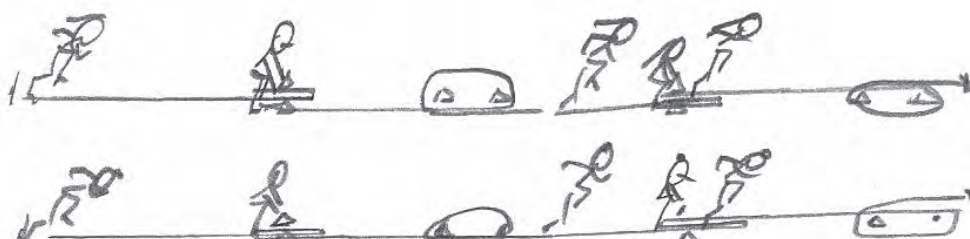


3 Rep.
Reg. 1'

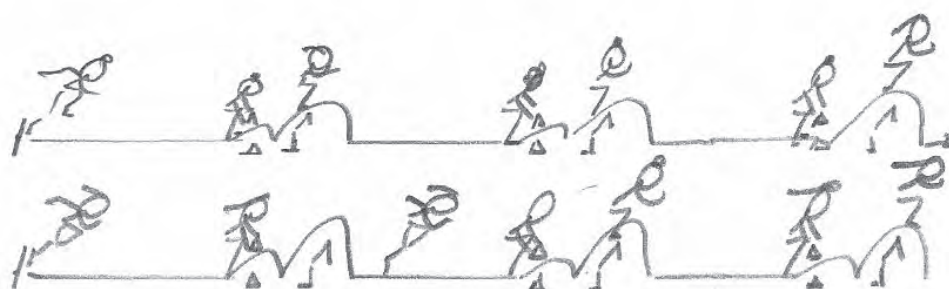
15 m



4 Rep.
Reg. 1'

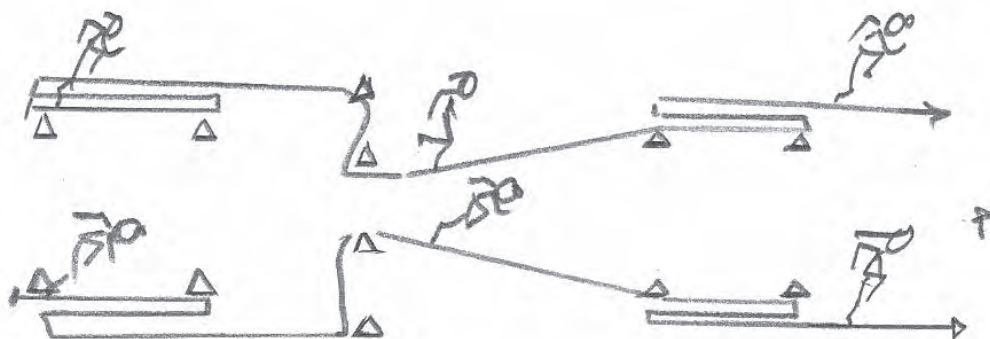


4 Rep.
Reg. 1'

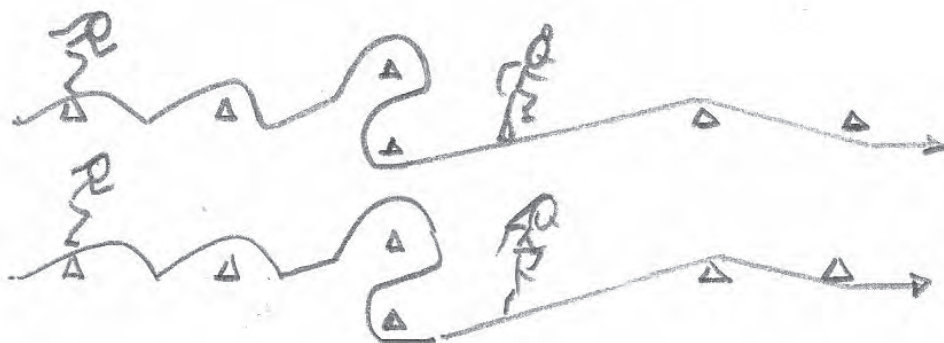


4 Rep.
Reg. 1'

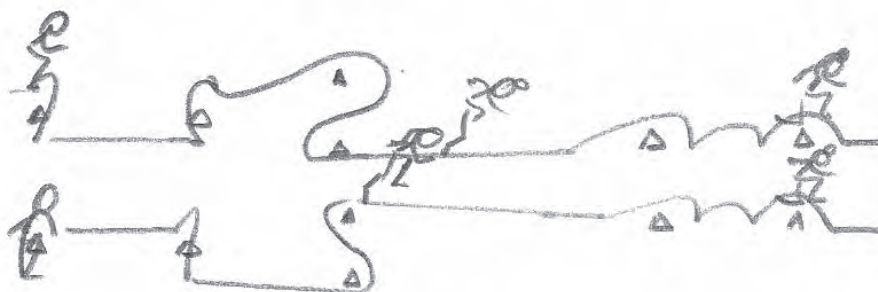
15 m



4 Rep.
Reg. 1'

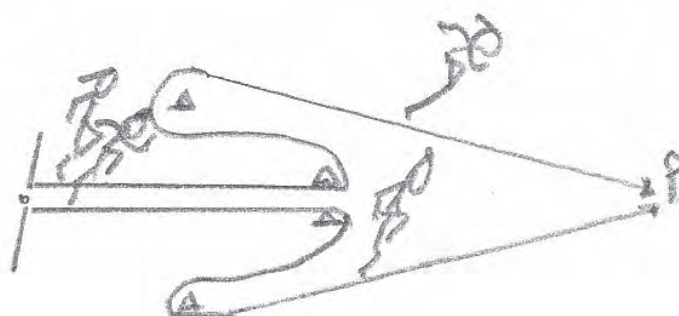


4 Rep.
Reg. 1'

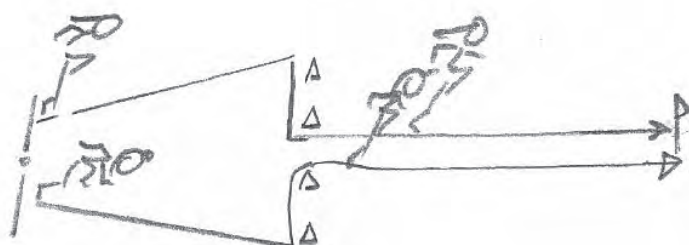


4 Rep.
Reg. 1'

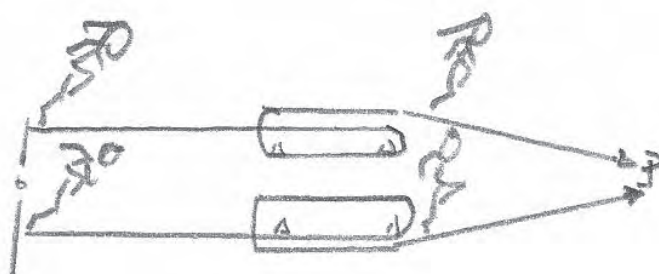
15 m



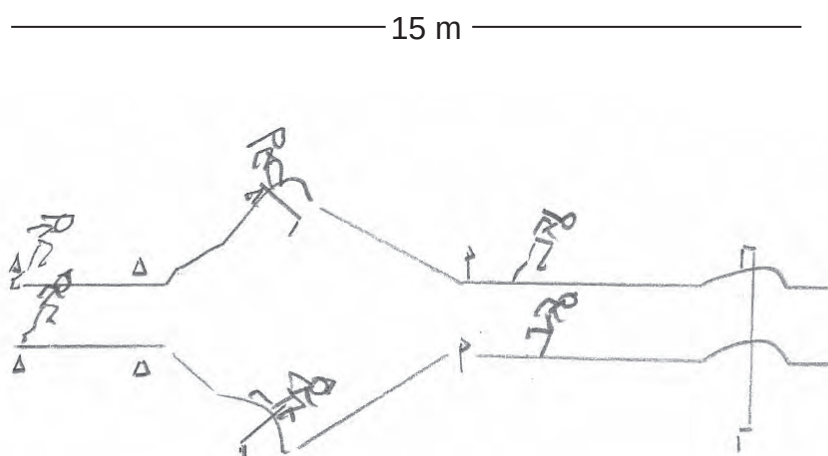
4 Rep.
Reg. 1'



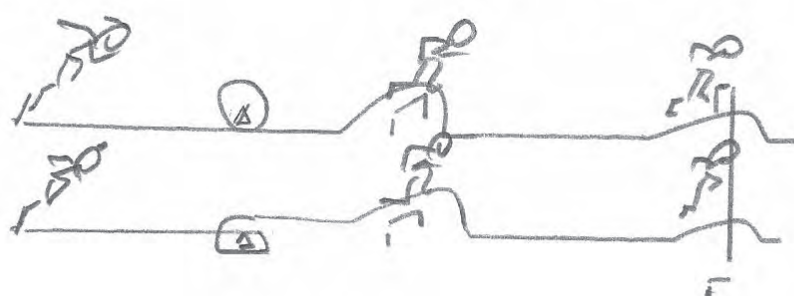
4 Rep.
Reg. 1'



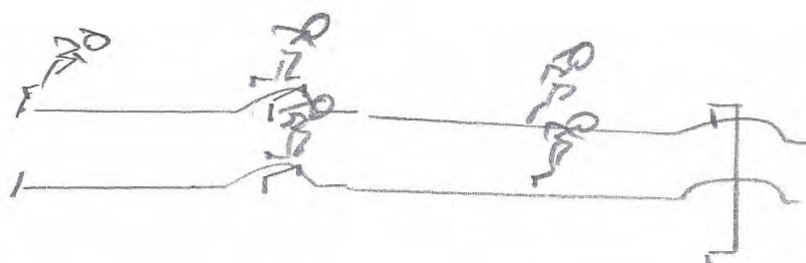
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

15 m

Parejas (A - B)



4' + 2'
A - B



4' + 2'
A - B



4' + 2'
A - B



4' + 2'
A - B

————— 12 m —————



2 Rep.
Reg. 30"



2 Rep.
Reg. 30"



2 Rep.
Reg. 30"



2 Rep.
Reg. 30"

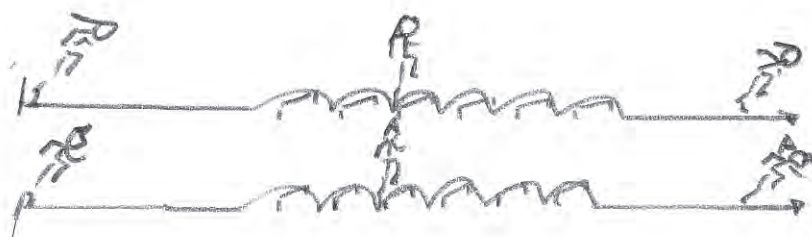


2 Rep.
Reg. 30"

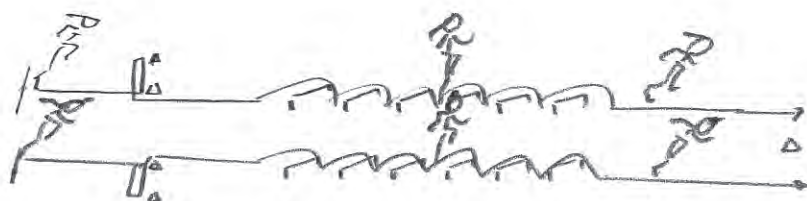


2 Rep.
Reg. 30"

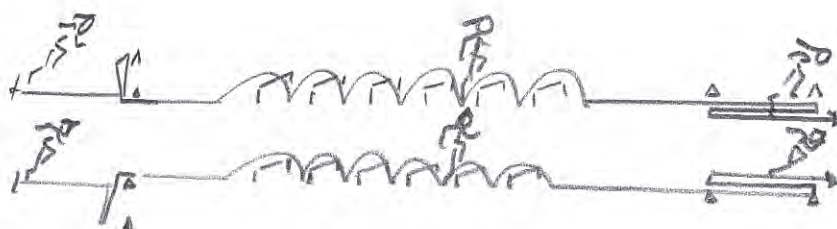
————— 20 m —————



4 Rep.
Reg. 1'



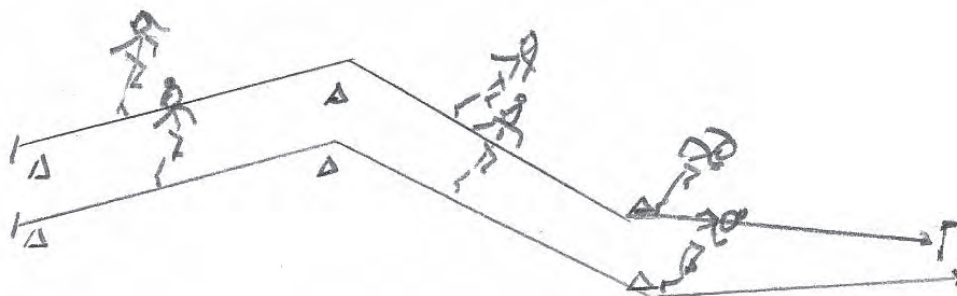
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

20 m

Carrera perfilada



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

— 5 m — — 5 m — — 10 m — — 15 m — —



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"



4 Rep.
Reg. 75"

18 m



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

————— 20 m —————



4 Rep.
Reg. 1'

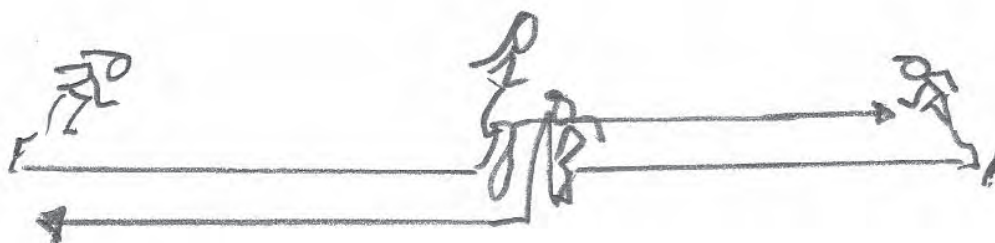


4 Rep.
Reg. 1'

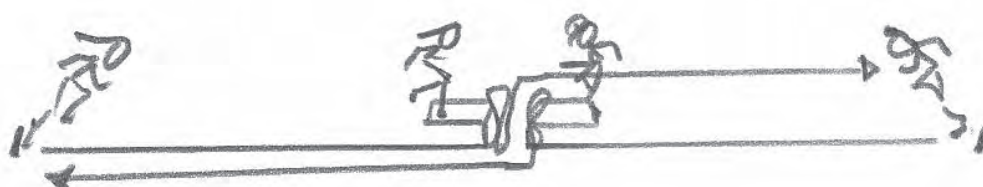


4 Rep.
Reg. 1'

————— 20 m —————



4 Rep.
Reg. 1'

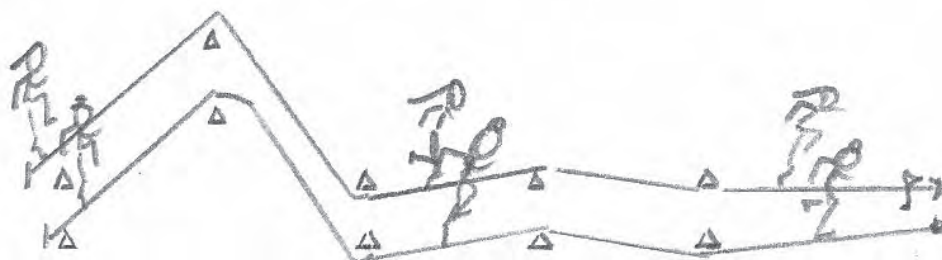


4 Rep.
Reg. 1'

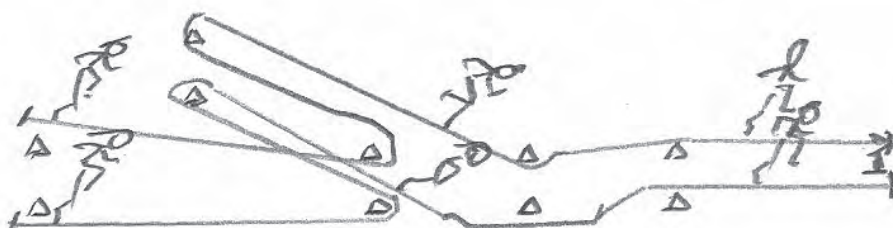


4 Rep.
Reg. 1'

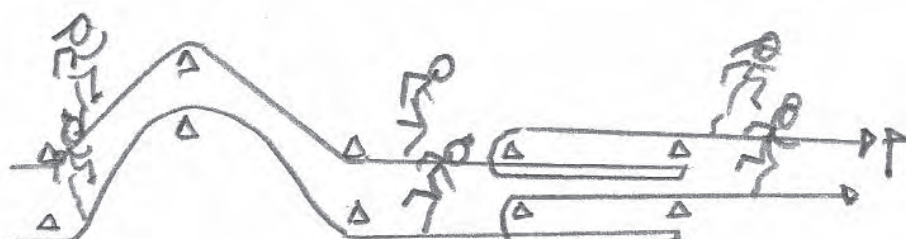
15 m



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

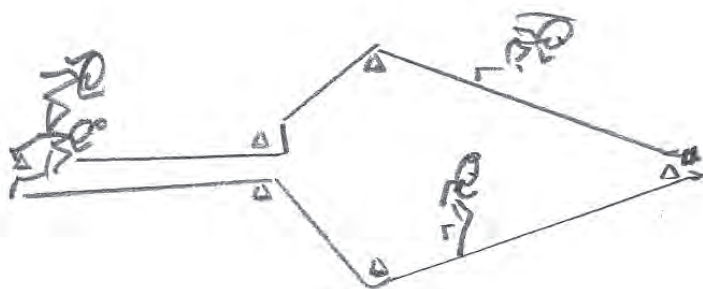


4 Rep.
Reg. 1'

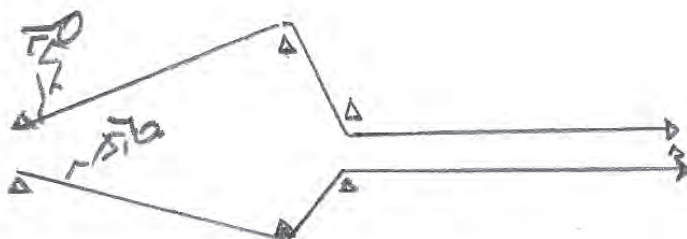


3 Rep. / Reg. 30" x 1-2-3-4-5-6-7-8-9-10

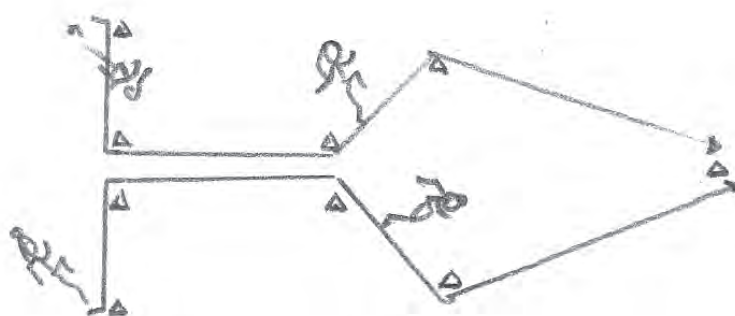
15 m



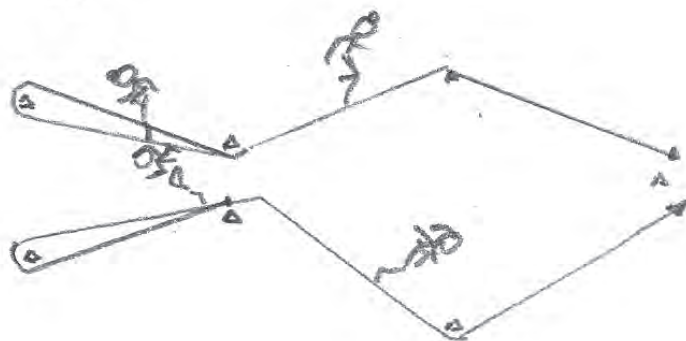
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



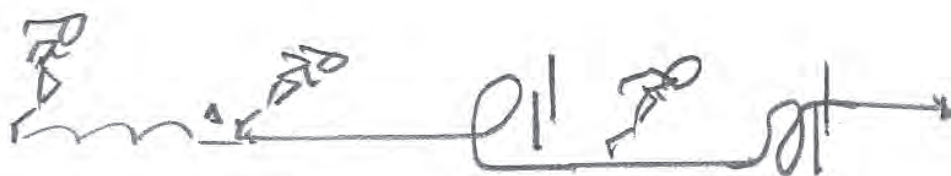
3 Rep.
Reg. 45"

————— 10 m —————

————— 10 m —————



4 Rep.
Reg. 45"

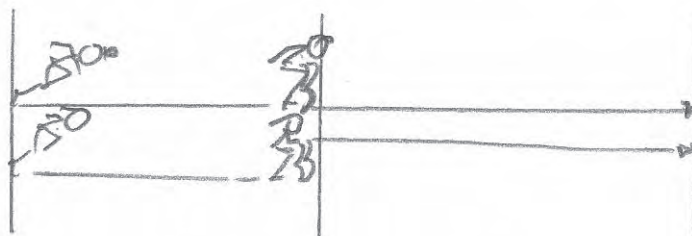


4 Rep.
Reg. 45"

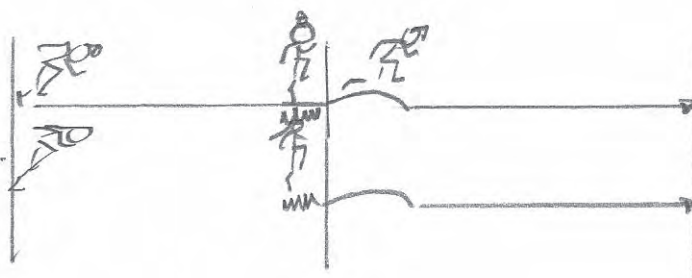


4 Rep.
Reg. 45"

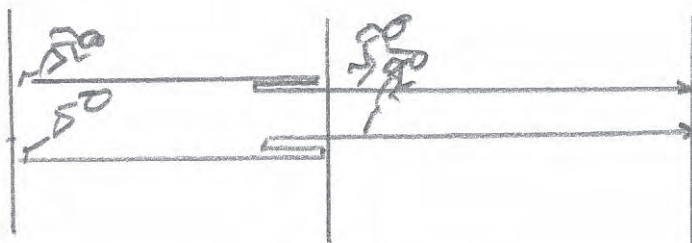
15 m



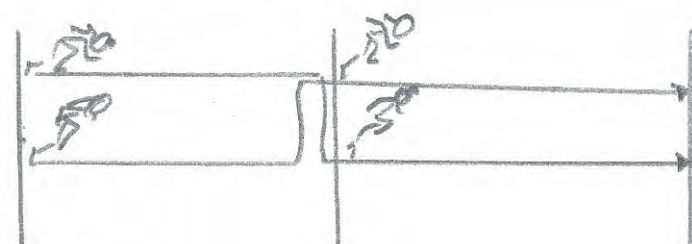
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

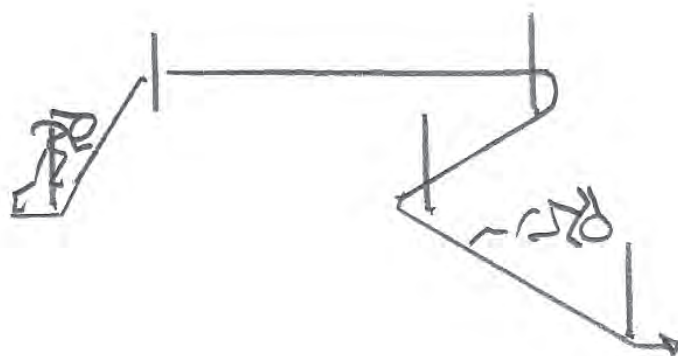


4 Rep.
Reg. 45"

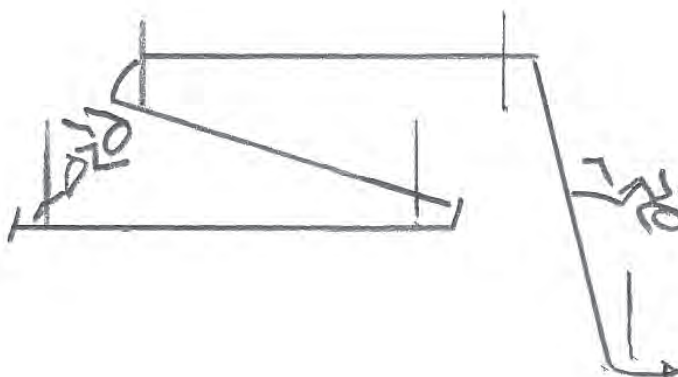


4 Rep.
Reg. 45"

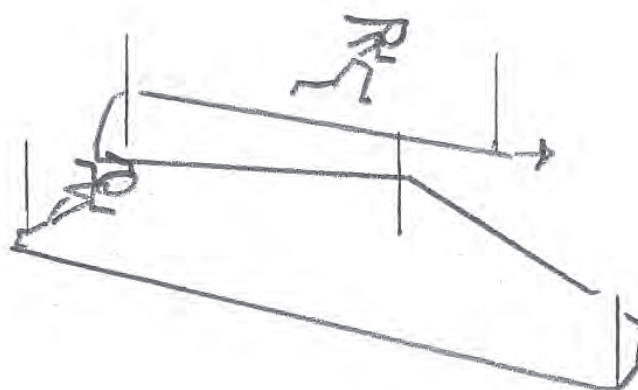
10 m



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 60"

————— 25 m —————



4 Rep.
Reg. 45"



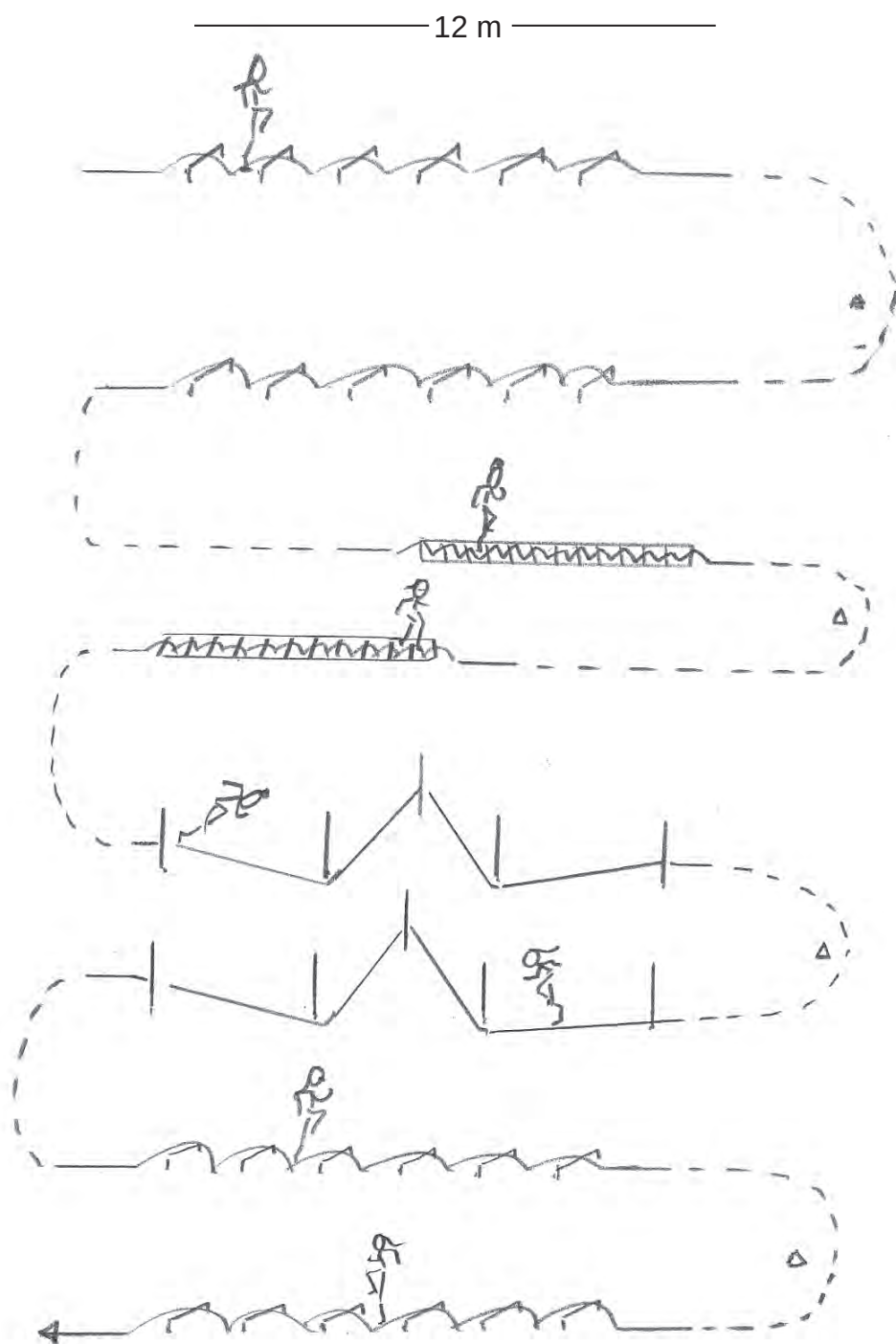
4 Rep.
Reg. 45"



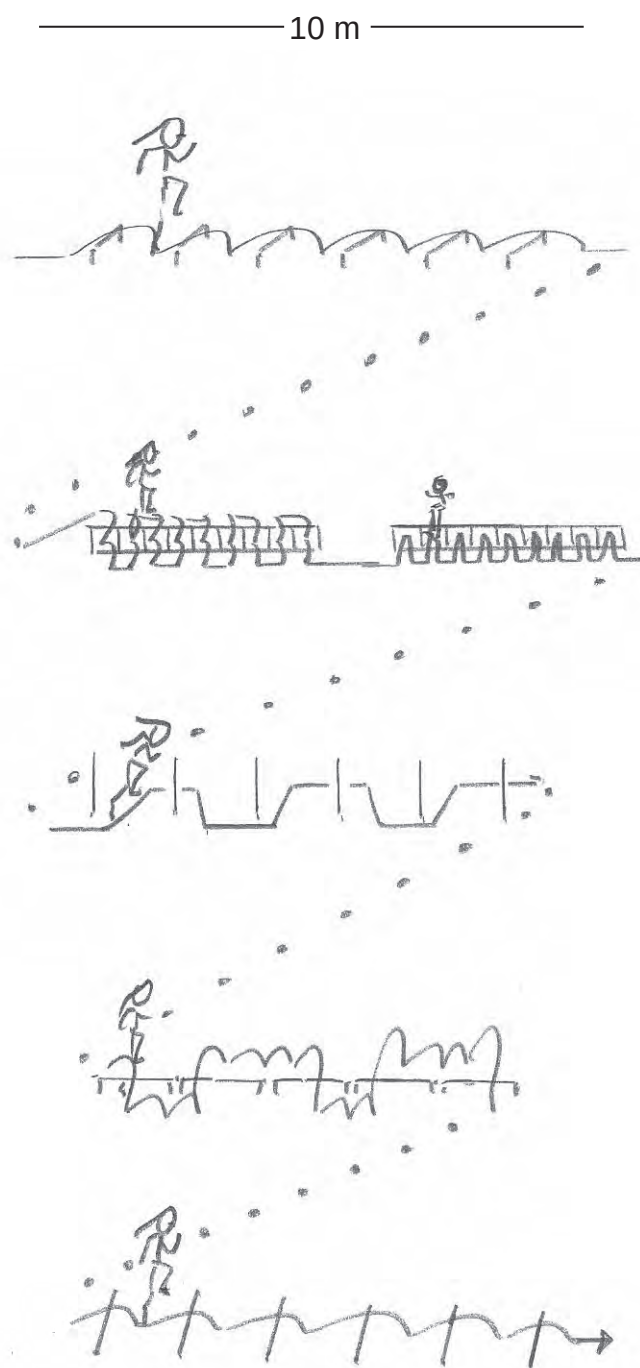
4 Rep.
Reg. 45"



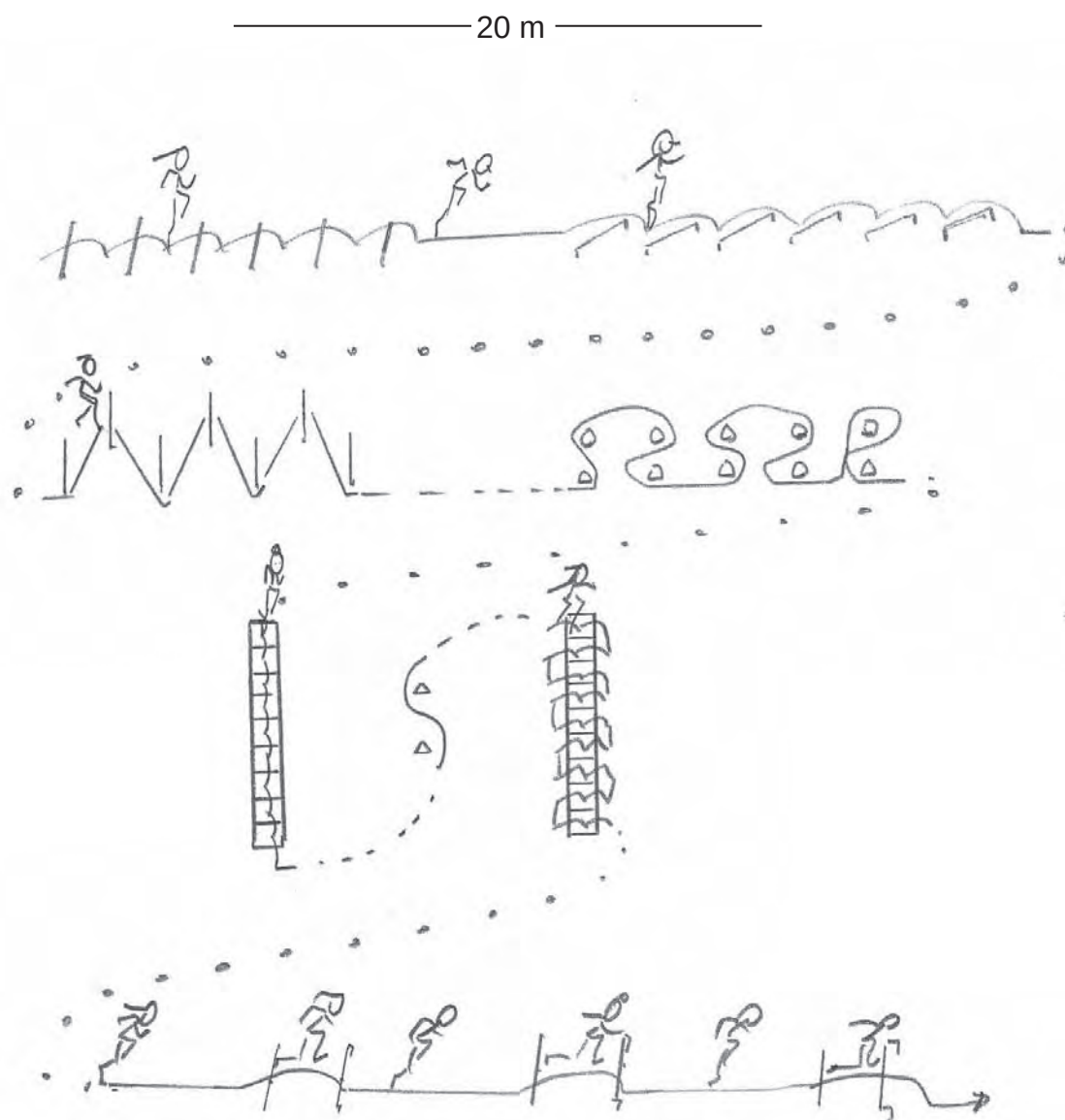
4 Rep.
Reg. 45"



4 Rondas / Reg. 4'

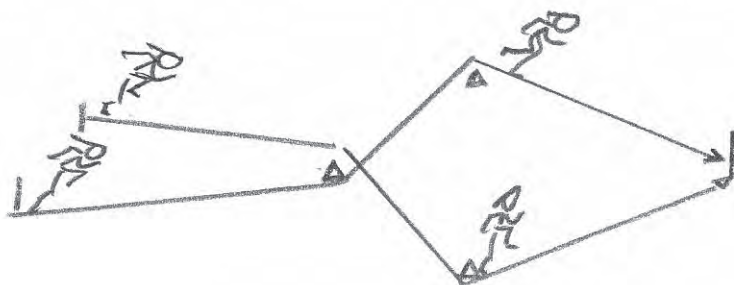


4 Rondas / Reg. 3'

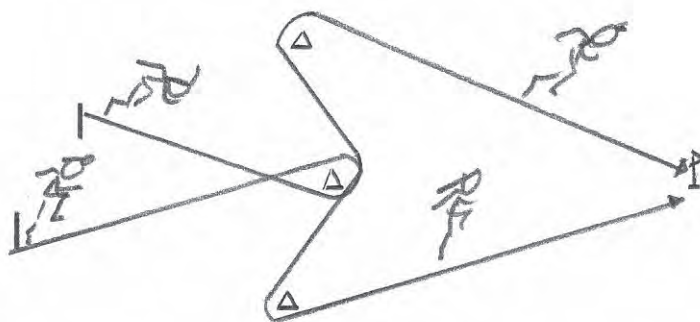


4 Rondas / Reg. 3'

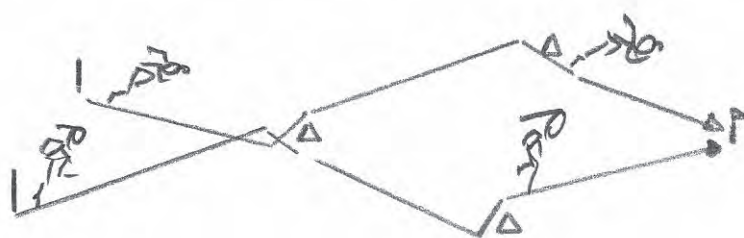
15 m



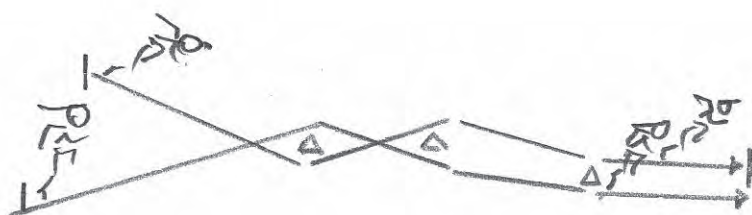
3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

————— 15 m —————



5 Rep.
Reg. 45"

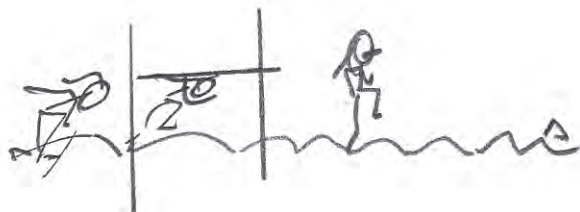


5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

15 m



5 Rep.
Reg. 30"



5 Rep.
Reg. 30"

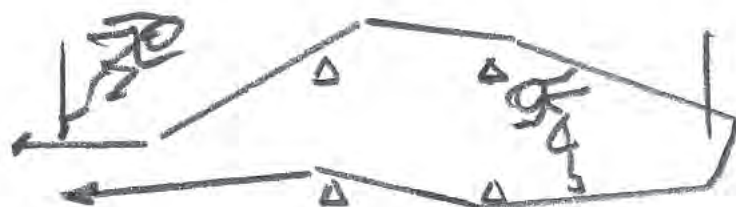


5 Rep.
Reg. 45"

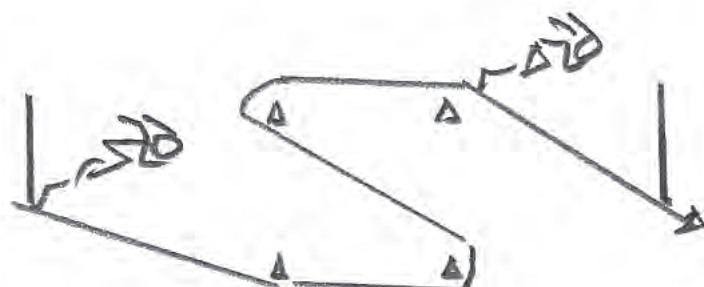


5 Rep.
Reg. 45"

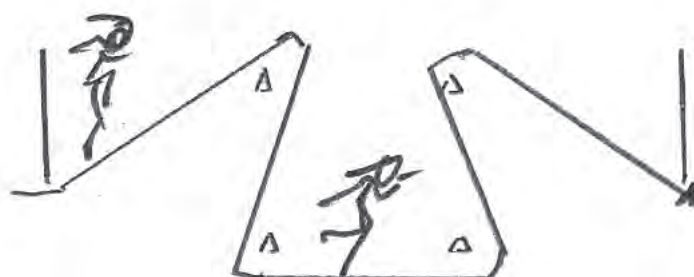
————— 10 m —————



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

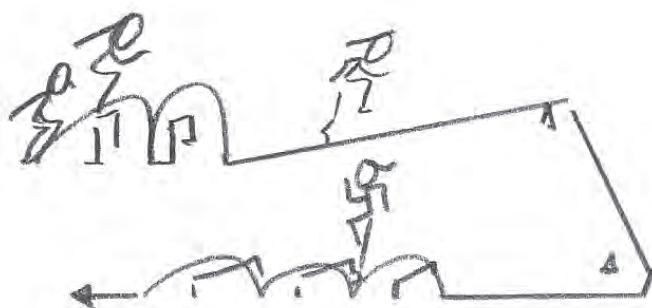


4 Rep.
Reg. 45"

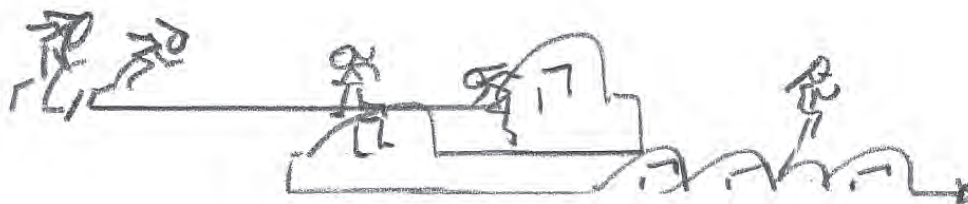
————— 15 m —————



4 Rep.
Reg. 45"

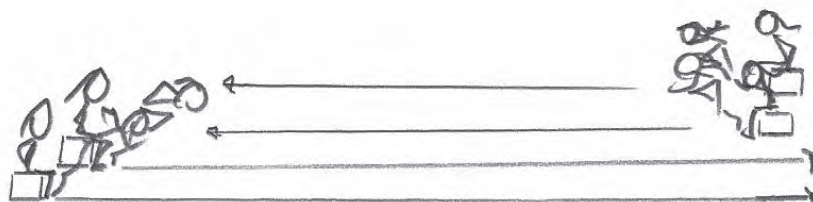


4 Rep.
Reg. 45"

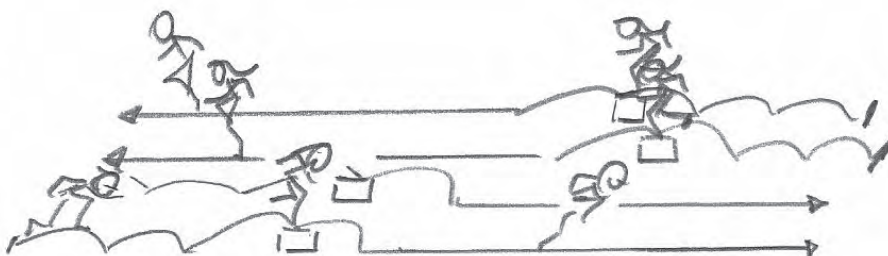


4 Rep.
Reg. 45"

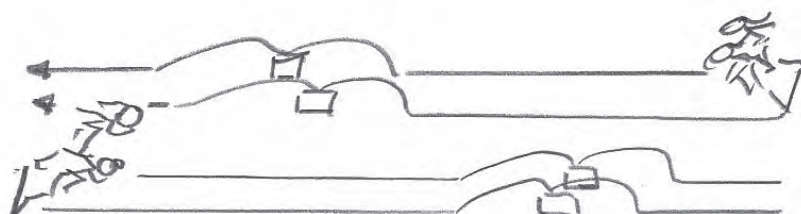
————— 20 m —————



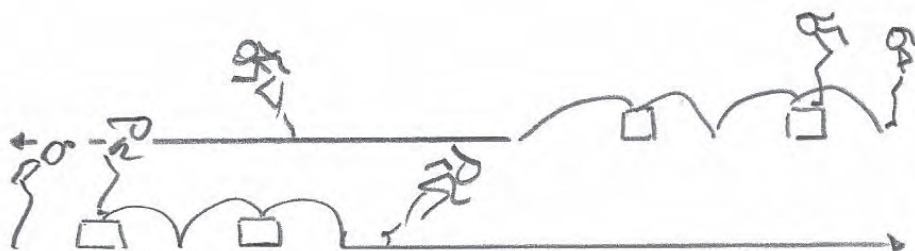
4 Rep.
Reg. 45"



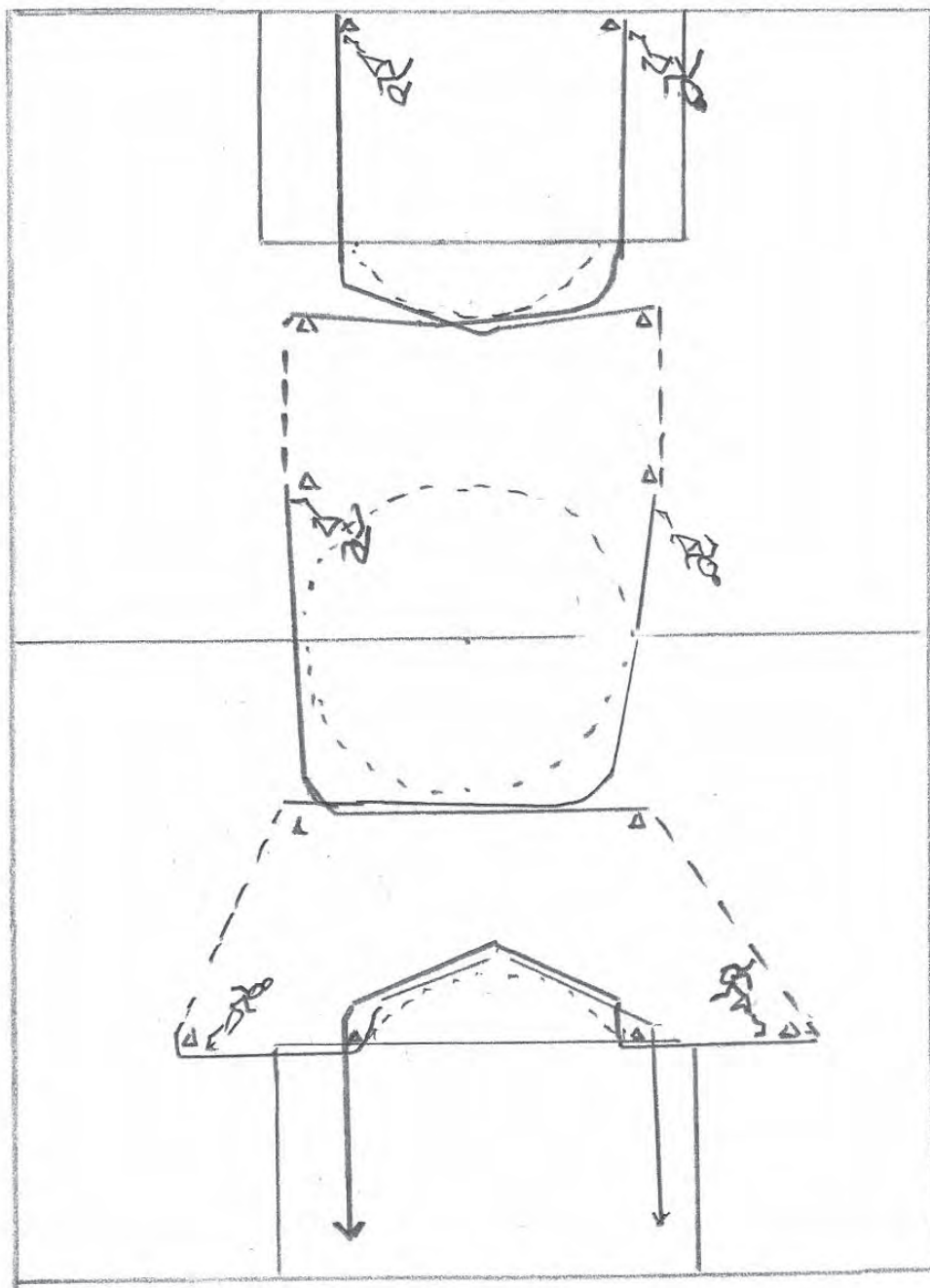
4 Rep.
Reg. 45"



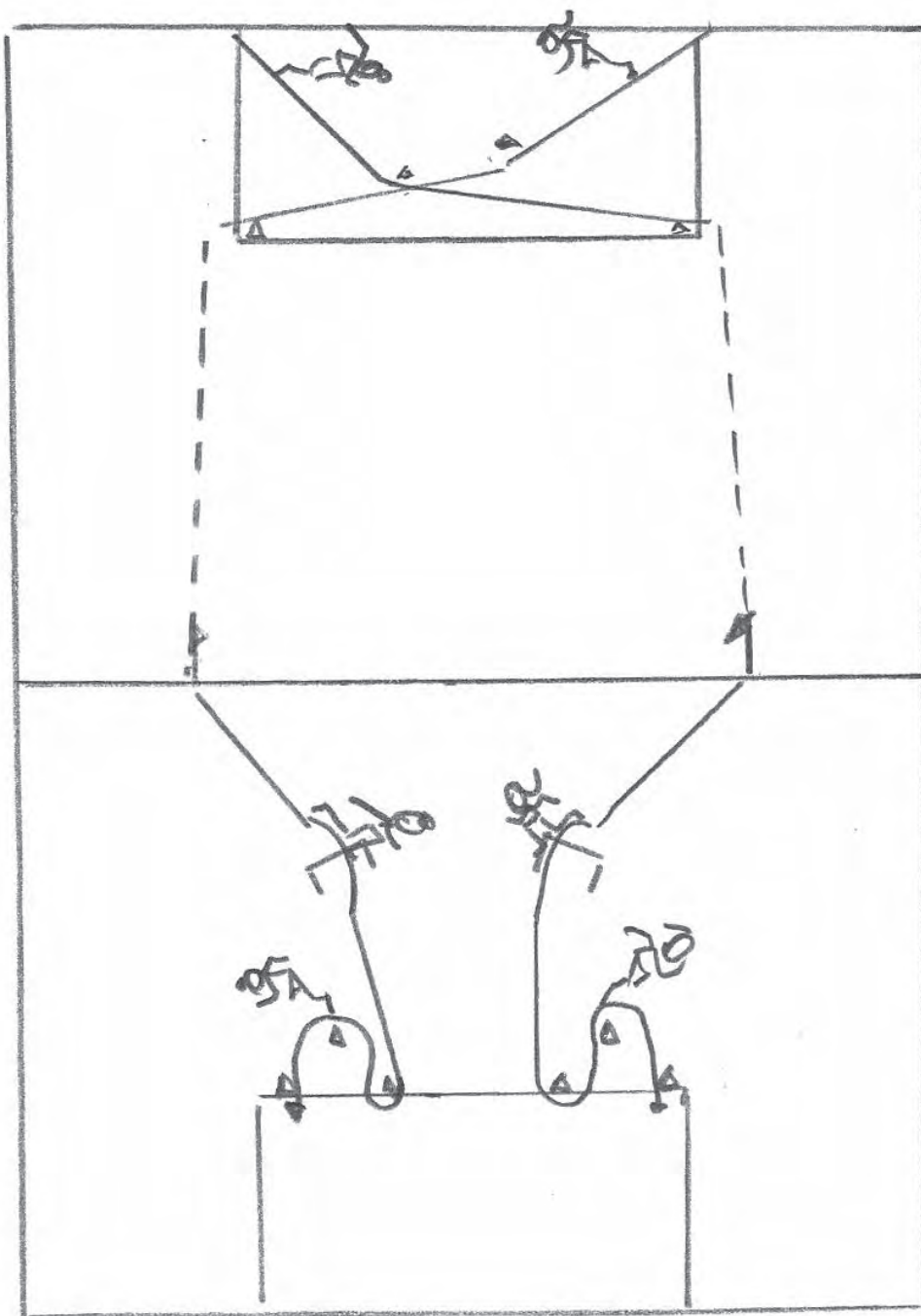
4 Rep.
Reg. 45"



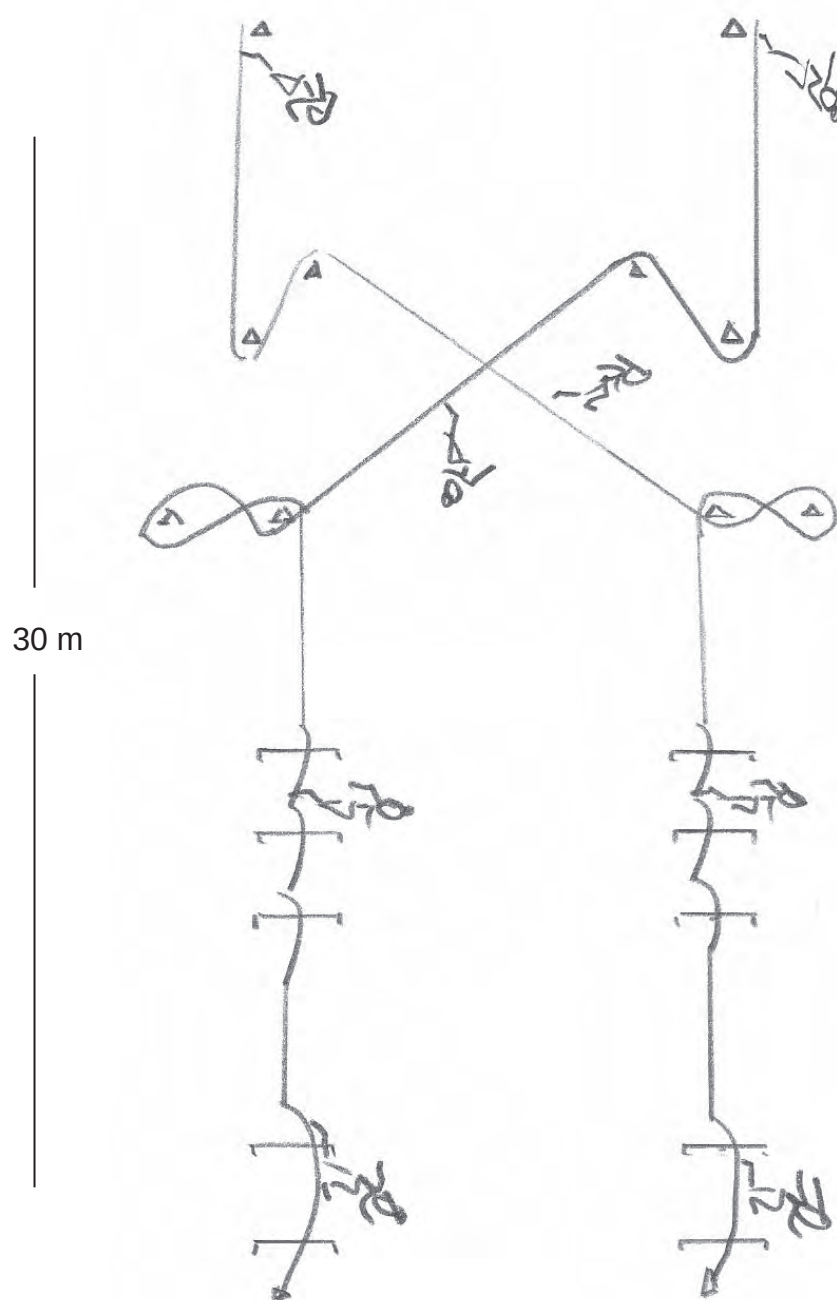
4 Rep.
Reg. 45"



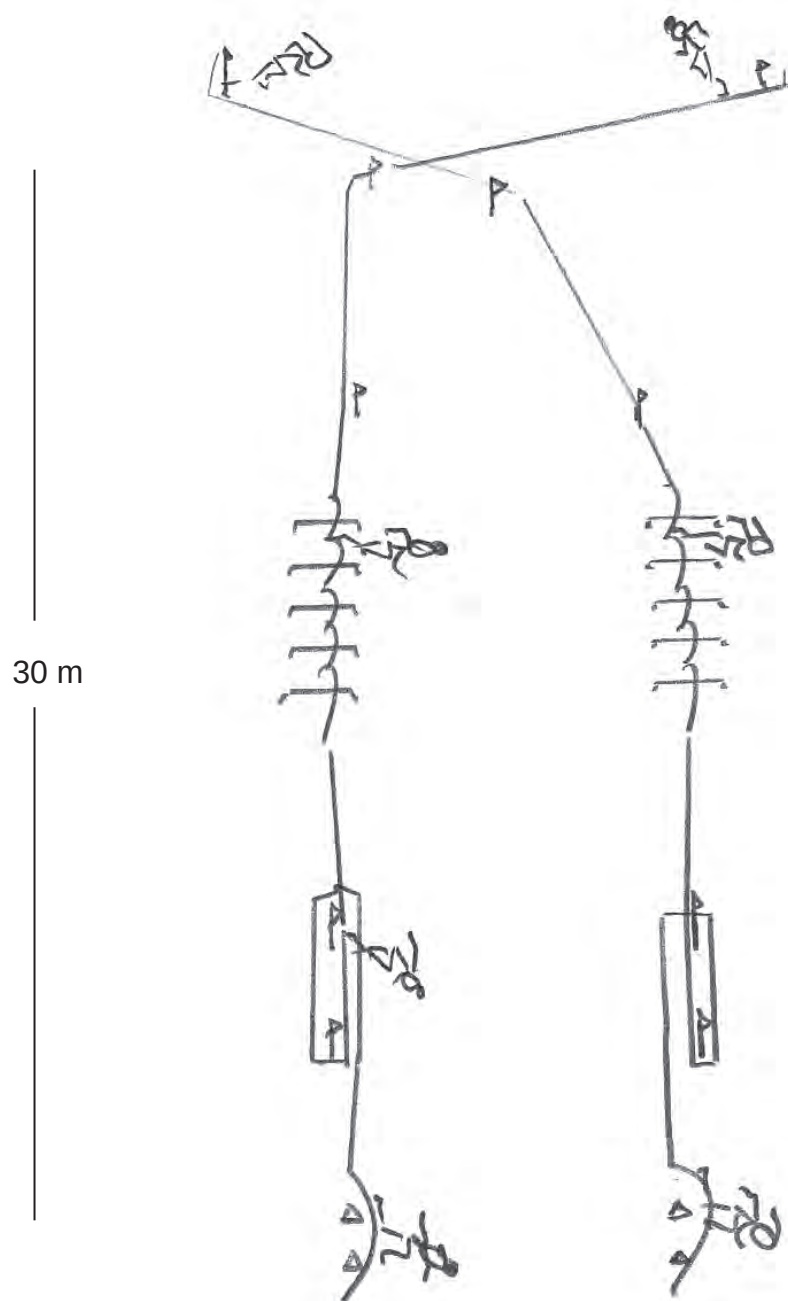
6 Rep.
Reg. 2'



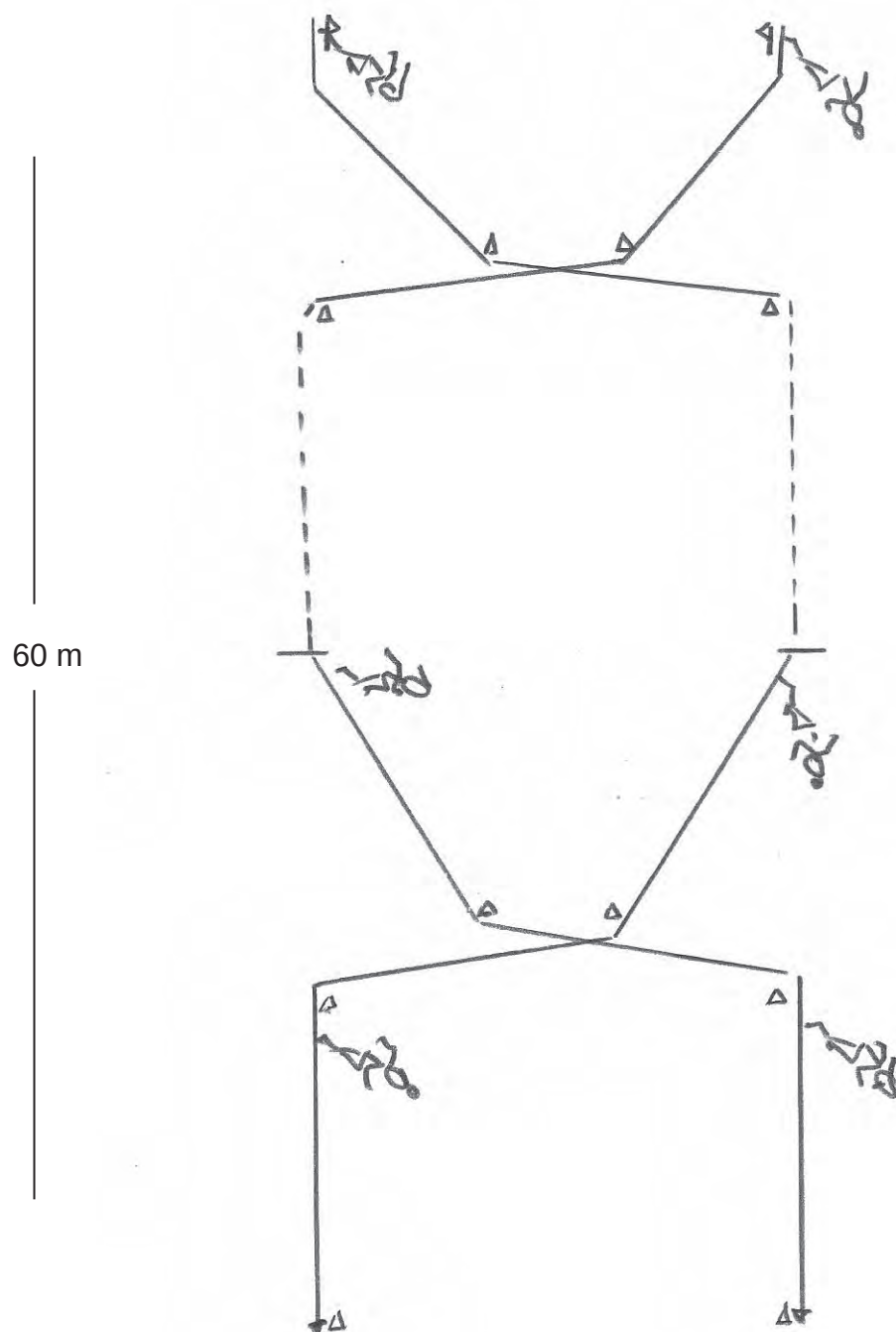
6 Rep.
Reg. 2'



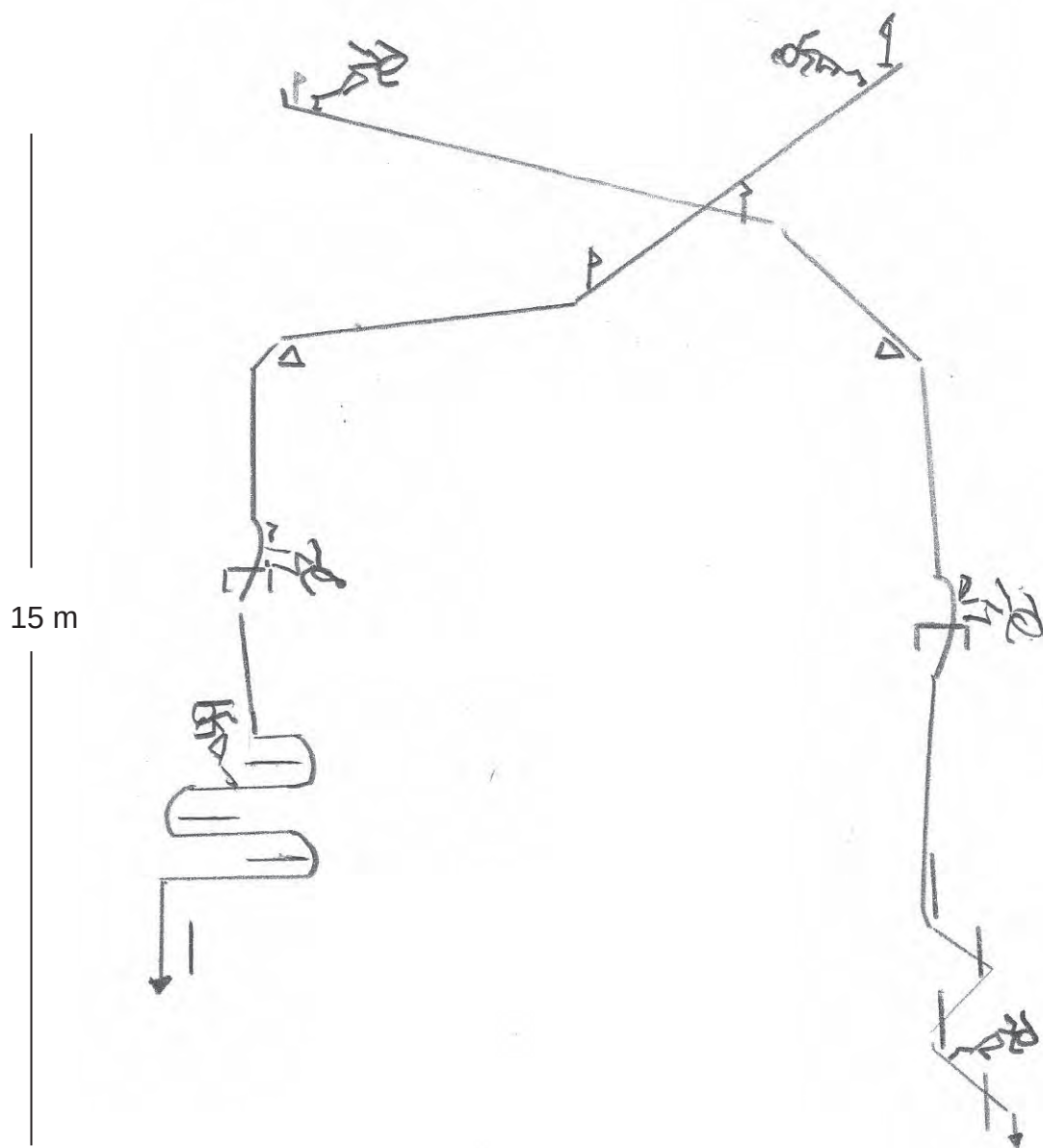
8 Rep. / Reg. 90"



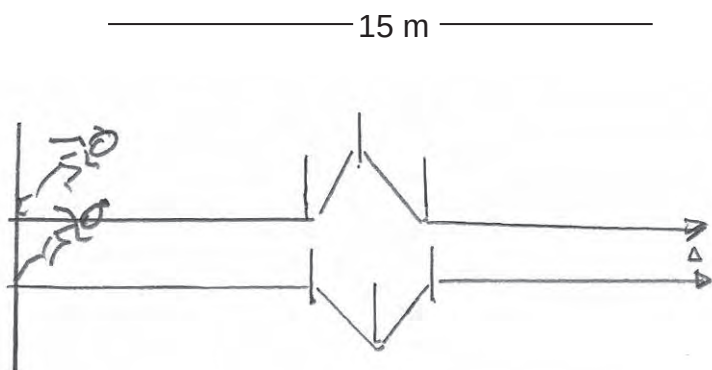
8 Rep. / Reg. 90"



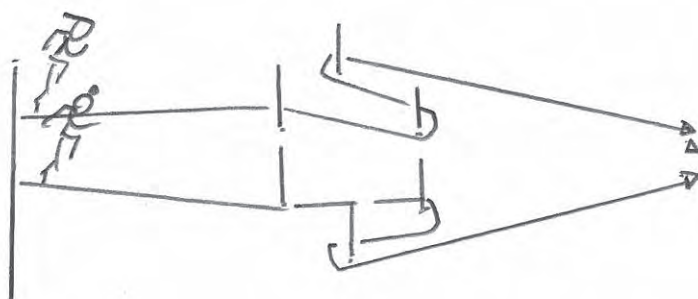
8 Rep. / Reg. 90"



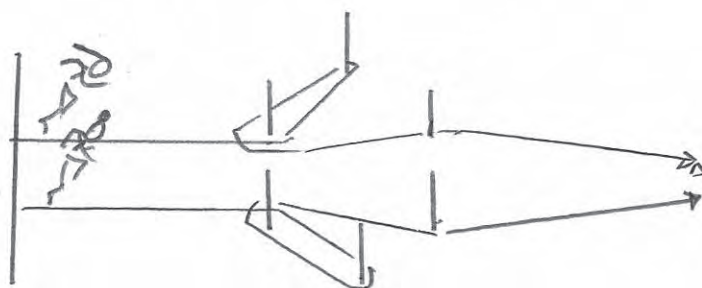
8 Rep. / Reg. 75"



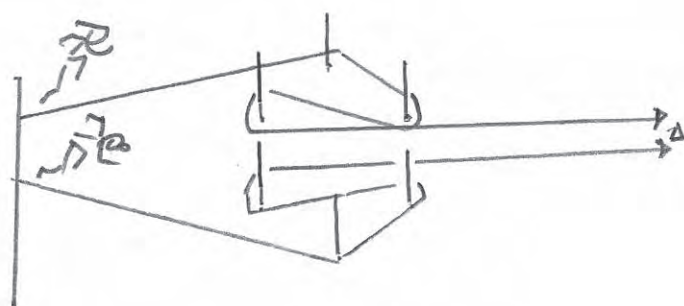
3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

————— 15 m —————



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

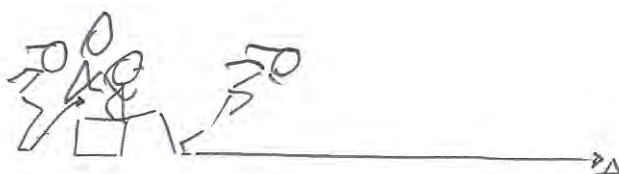
————— 12 m —————



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

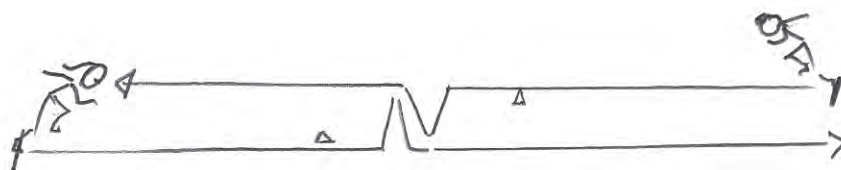


3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

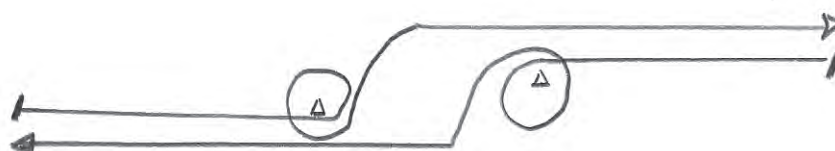
Filas encontradas



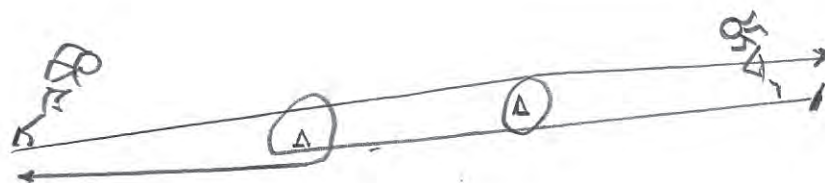
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

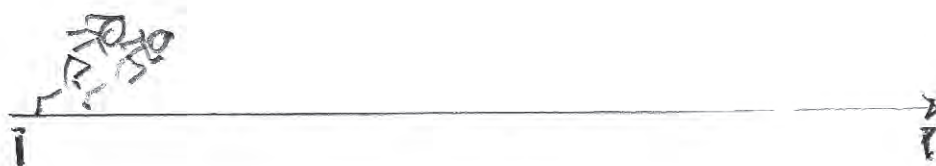


3 Rep.
Reg. 45"



3 Rep.
Reg. 45"

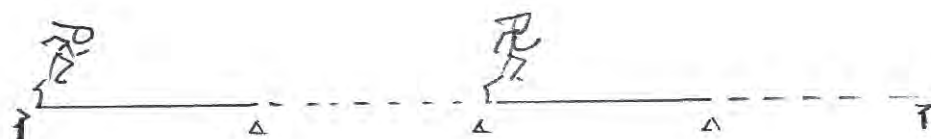
————— 25 m —————



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

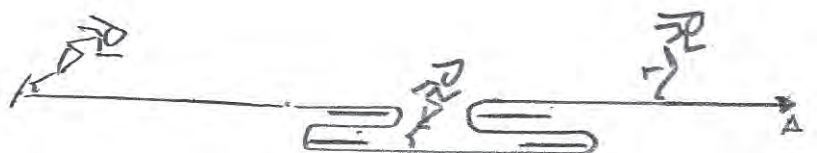
————— 21 m —————



3 Rep.
Reg. 75"

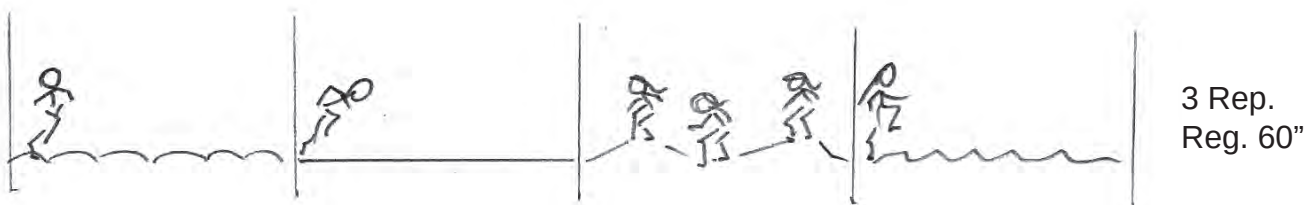
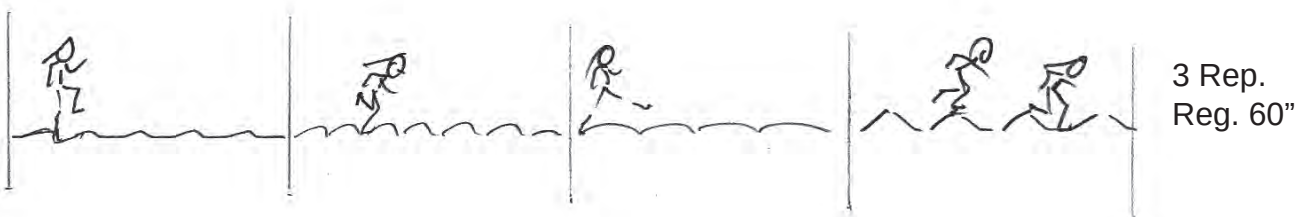
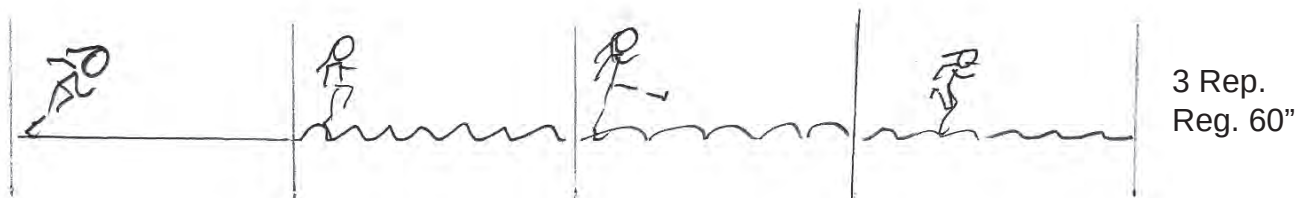


3 Rep.
Reg. 75"



3 Rep.
Reg. 75"

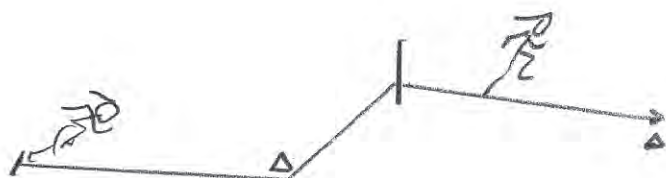
—— 7 m —— —— 7 m —— —— 7 m —— —— 7 m ——



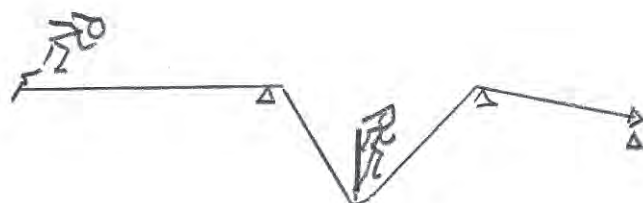
————— 15 m —————



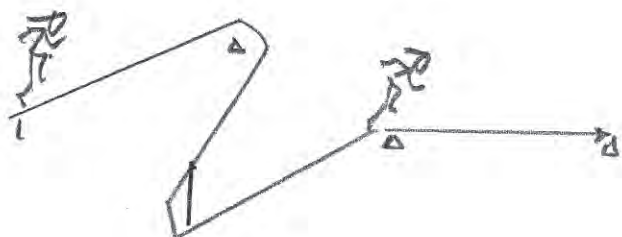
3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

———— 10 m ———— 15 m ————



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

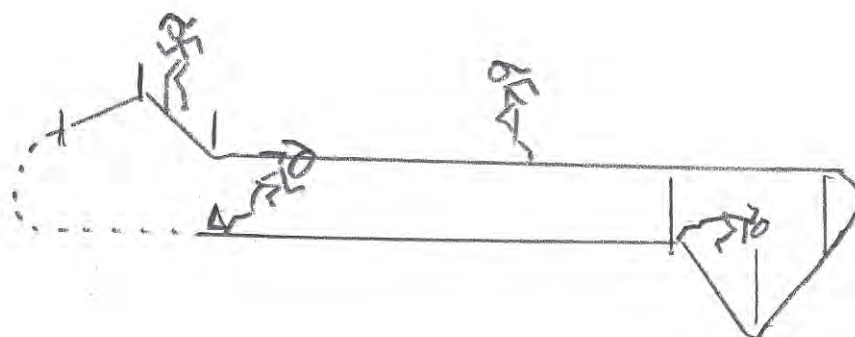


3 Rep.
Reg. 1'

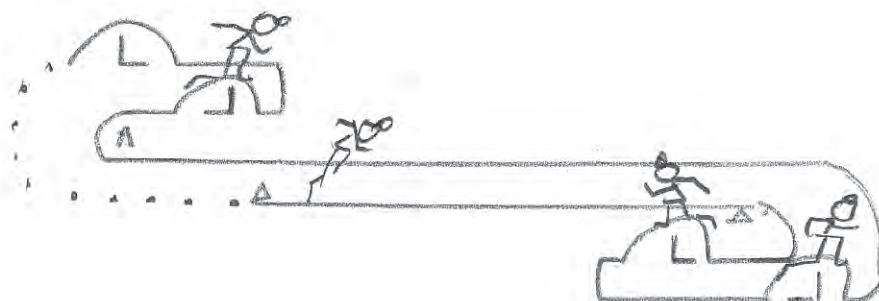


3 Rep.
Reg. 1'

15 m



3 Rep.
Reg. 90"



3 Rep.
Reg. 90"

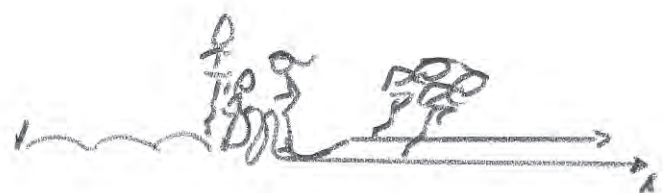


3 Rep.
Reg. 90"

————— 12 m —————



4 Rep.
Reg. 30"



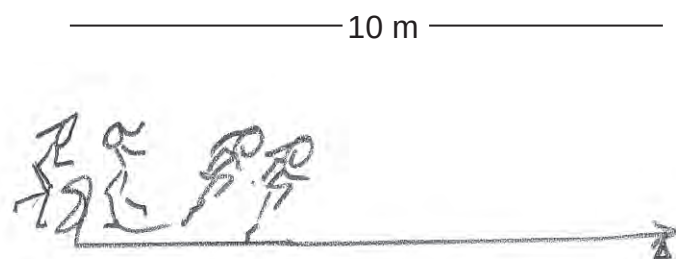
4 Rep.
Reg. 30"



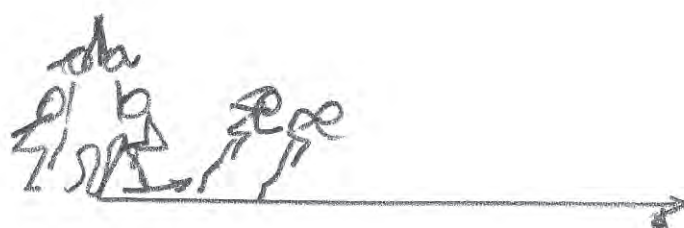
4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



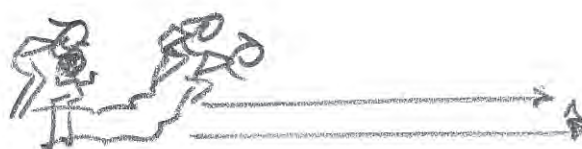
4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"



4 Rep.
Reg. 30"

—— 5 m —— 10 m ——



3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



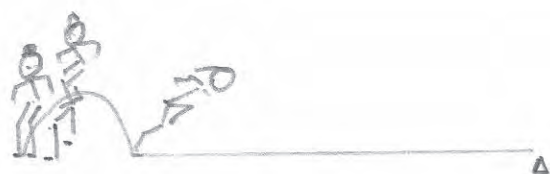
3 Rep.
Reg. 45"



3 Rep.
Reg. 45"



2 Rep.
Reg. 45"



2 Rep.
Reg. 45"



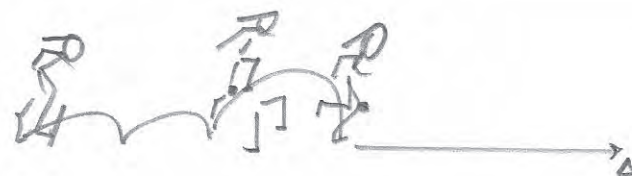
2 Rep.
Reg. 45"



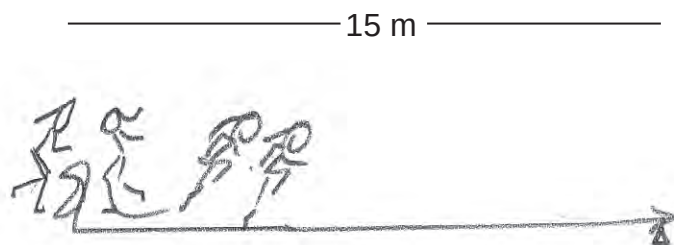
2 Rep.
Reg. 45"



2 Rep.
Reg. 45"



2 Rep.
Reg. 45"



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

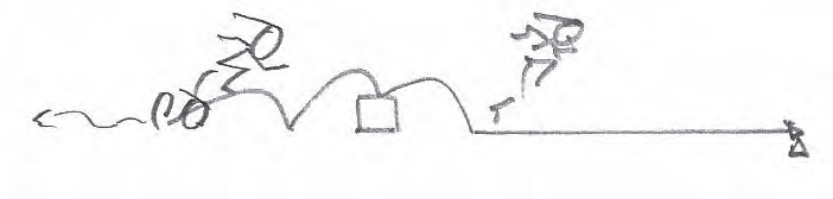


3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

————— 15 m —————



4 Rep.
Reg. 30"

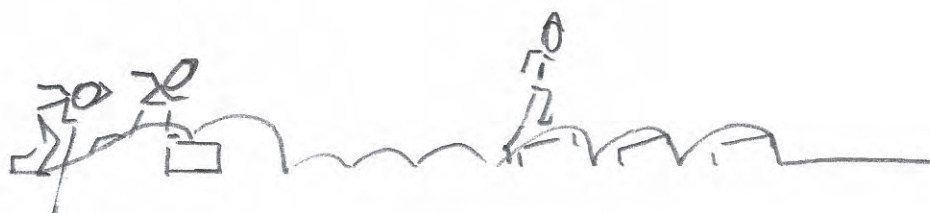


4 Rep.
Reg. 45"



4 Rep.
Reg. 60"

————— 20 m —————



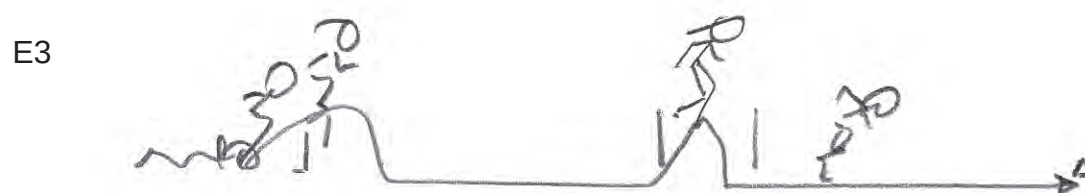
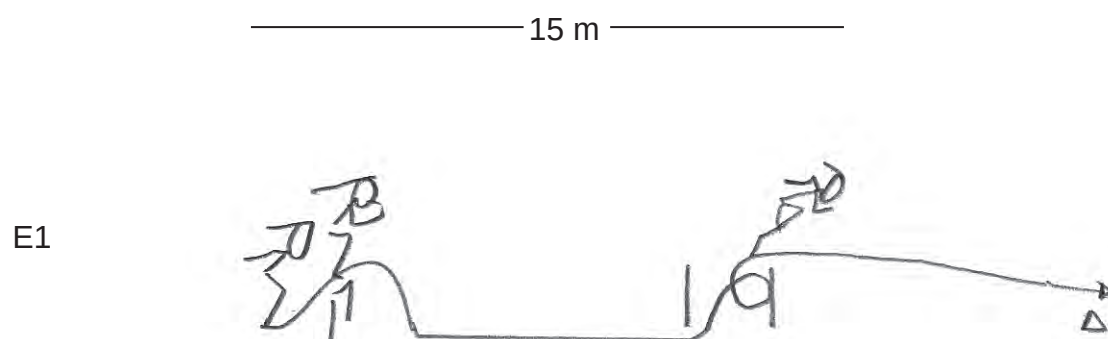
4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep. / Reg. 45" x E1 - E2 - E3

15 m



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

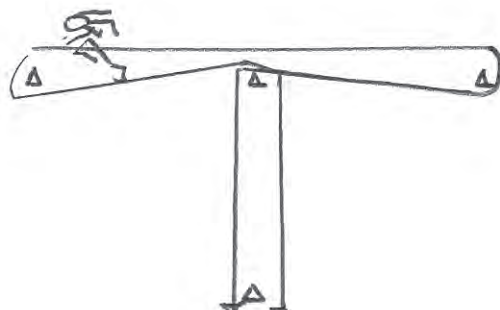


4 Rep.
Reg. 45"

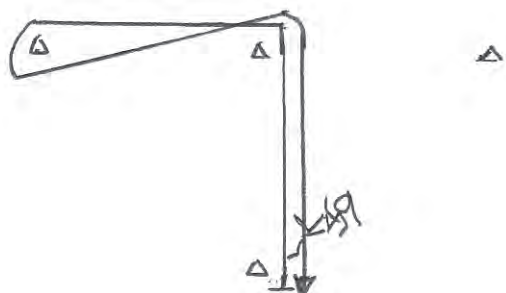


4 Rep.
Reg. 45"

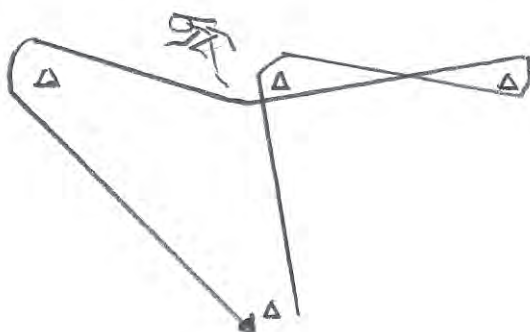
————— 10 m —————



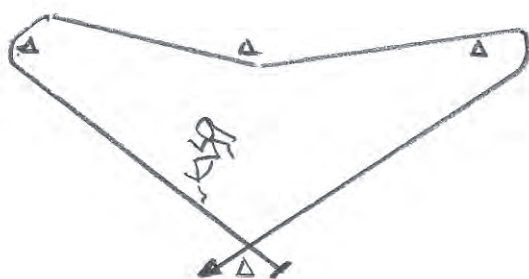
3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"



3 Rep.
Reg. 60"

————— 15 m —————



3 Rep.
Reg. 1'



3 Rep.
Reg. 1'

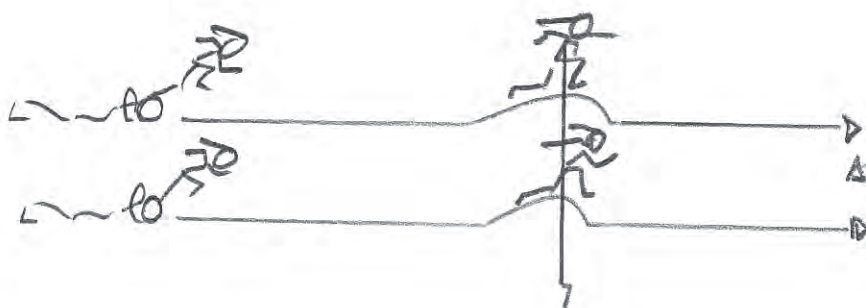


3 Rep.
Reg. 1'

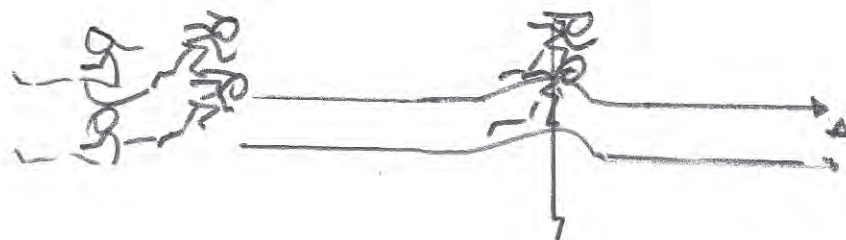


3 Rep.
Reg. 1'

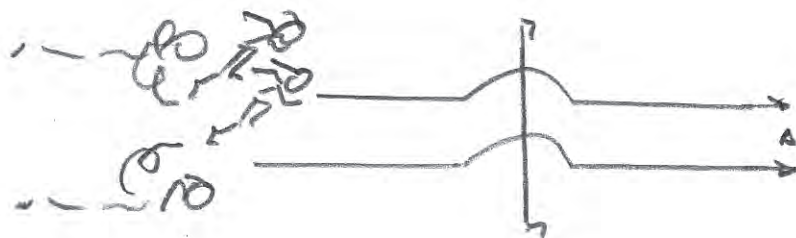
15 m



4 Rep.
Reg. 45"



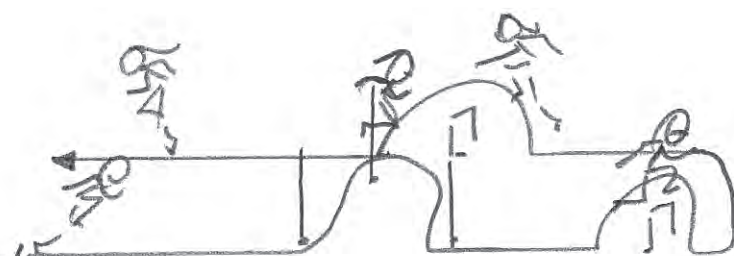
4 Rep.
Reg. 45"



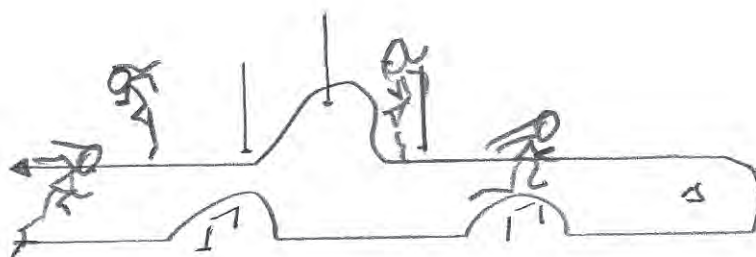
4 Rep.
Reg. 45"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

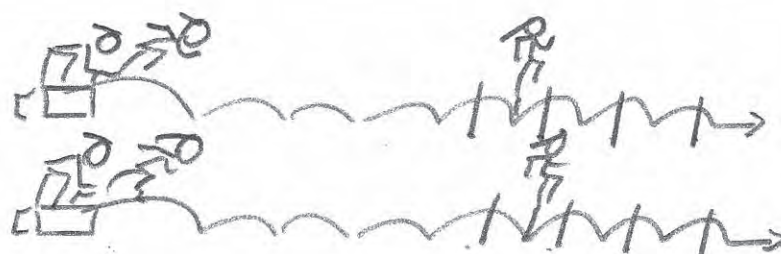
15 m



4 Rep.
Reg. 45"



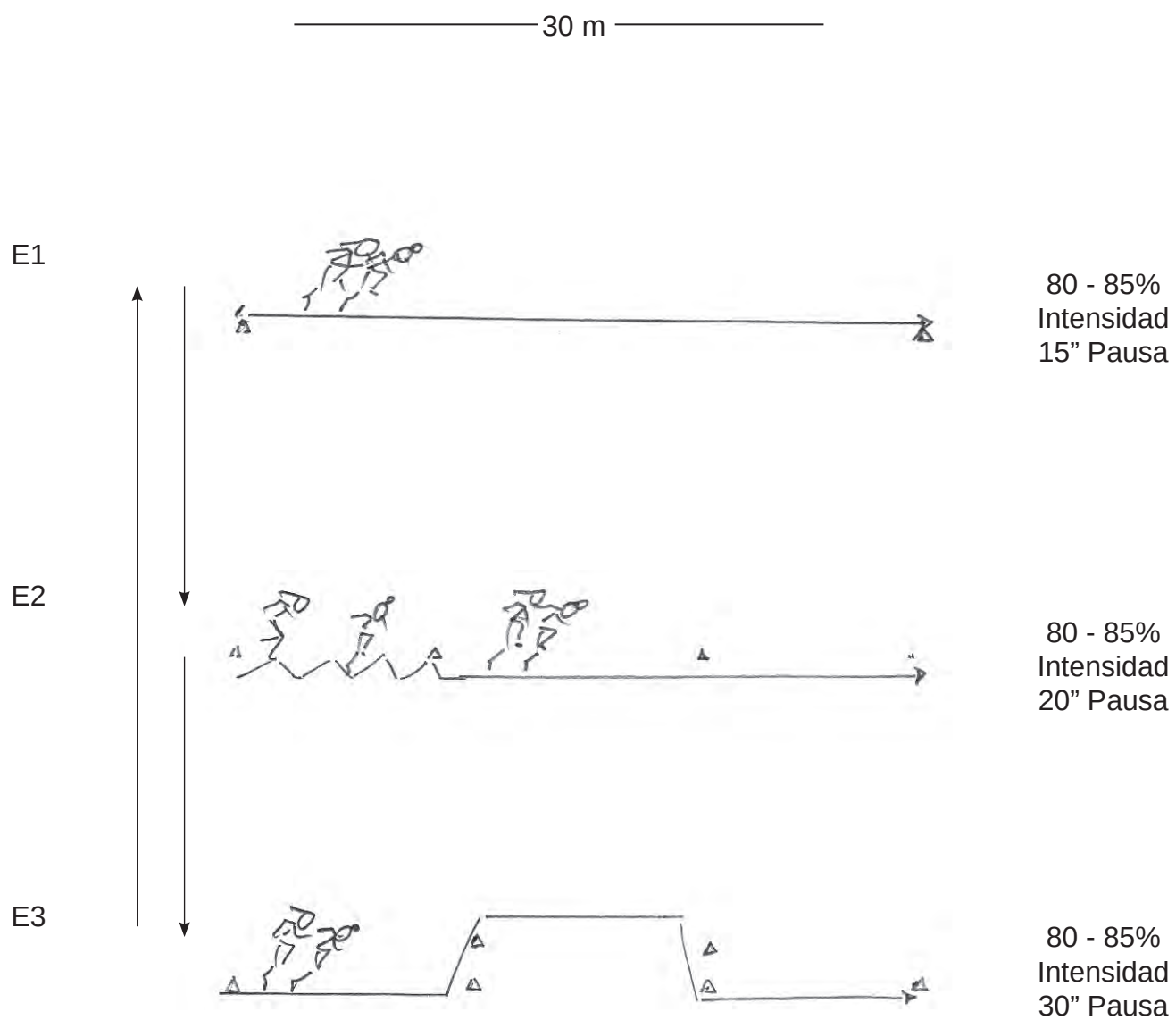
4 Rep.
Reg. 45"

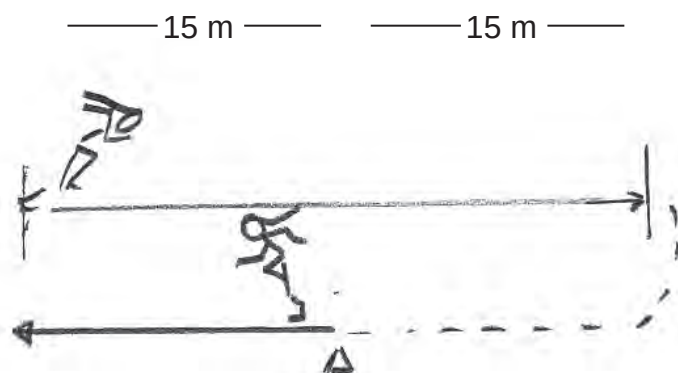


4 Rep.
Reg. 45"

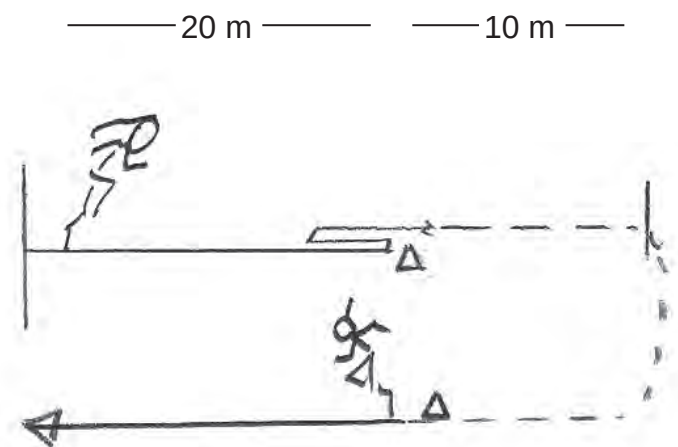


4 Rep.
Reg. 60"

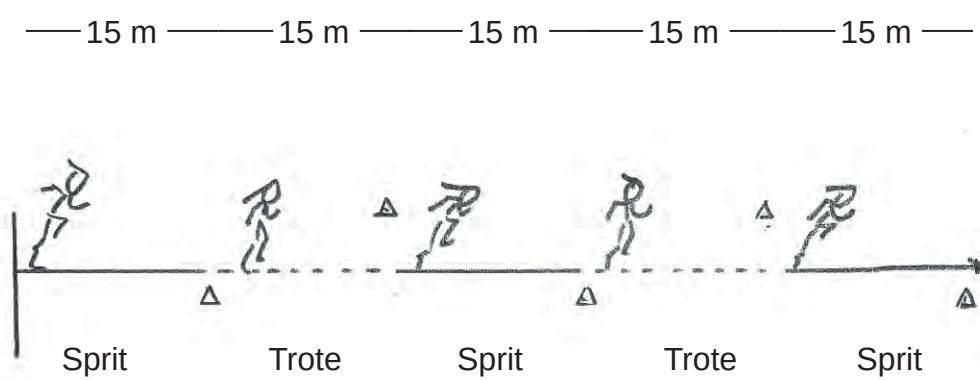




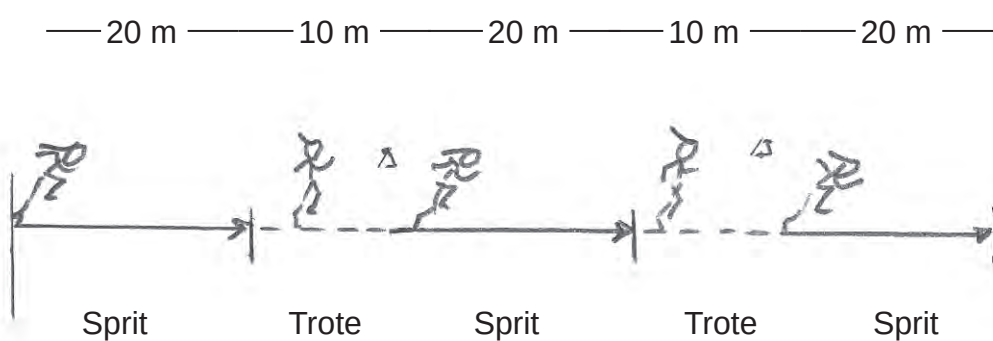
5 Rep.
Reg. 1'



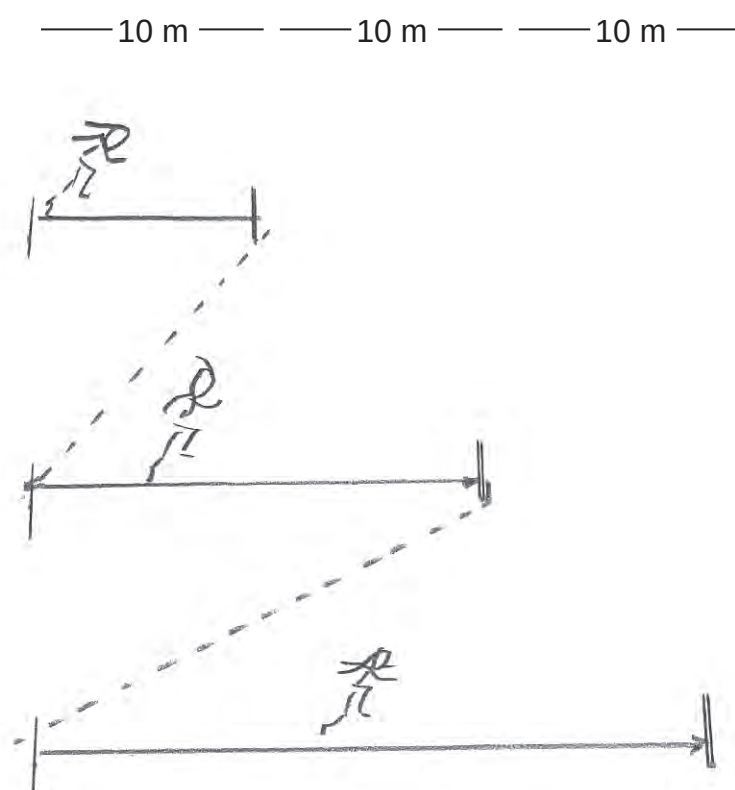
5 Rep.
Reg. 1'



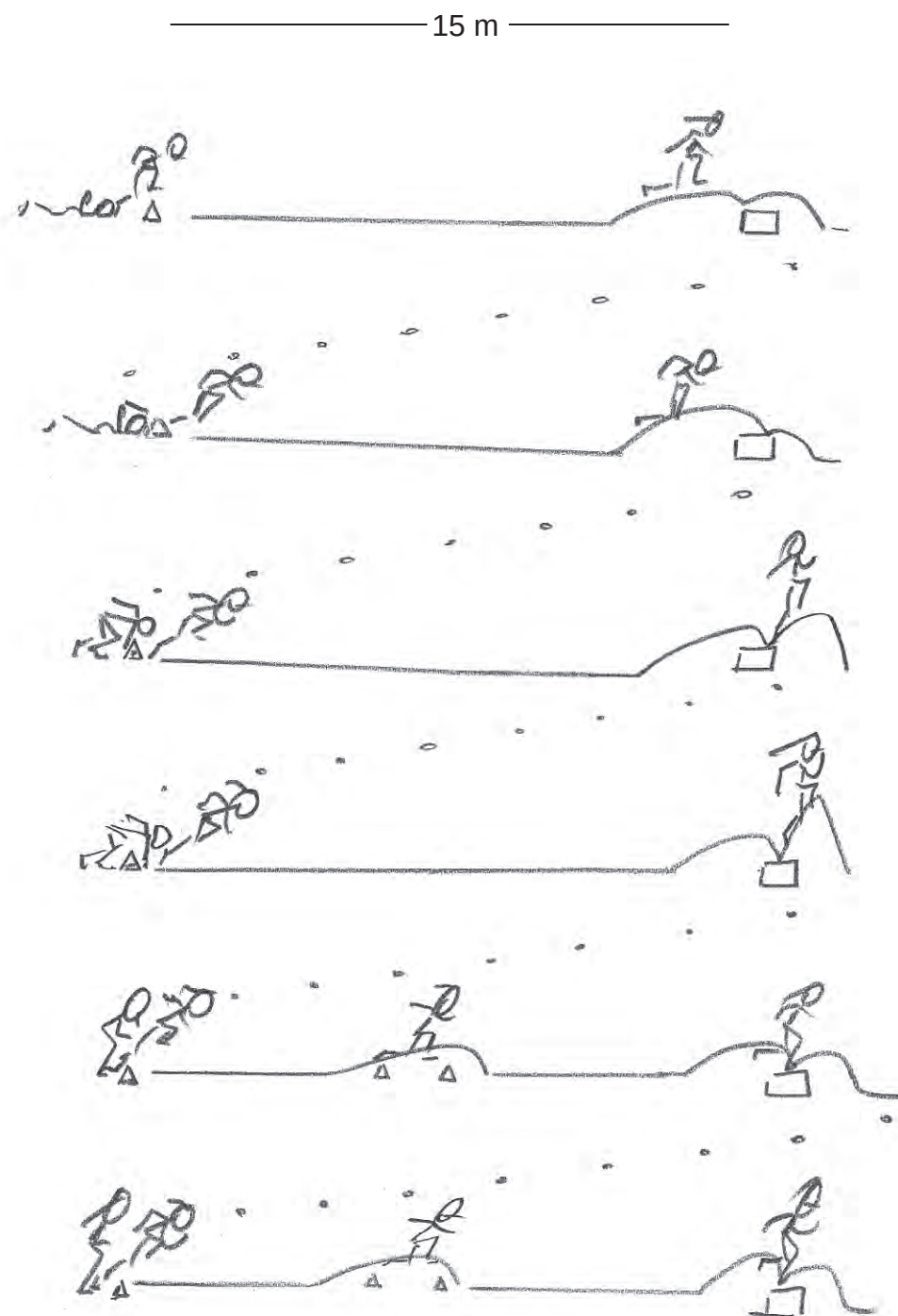
8 Rep. / Reg.75"



8 Rep. / Reg.75"



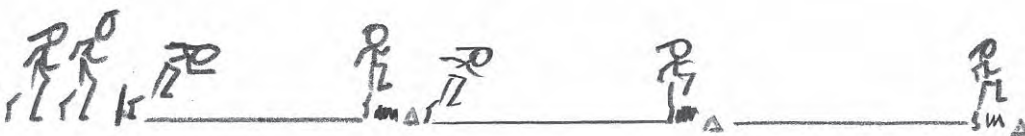
5 Rondas / Reg.90"



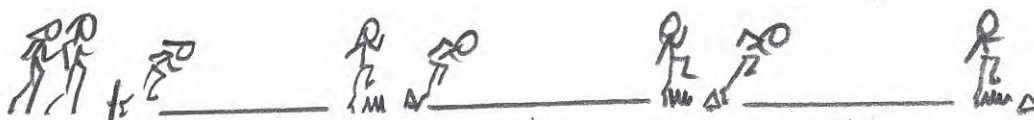
5 Rondas / Reg. 2'30"

Saltar al silbatazo

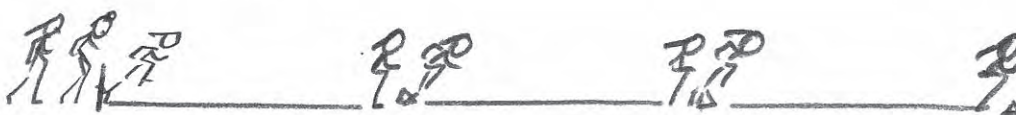
—— 15 m —— —— 15 m —— —— 15 m ——



3 Rep.
Reg.90"



3 Rep.
Reg.90"

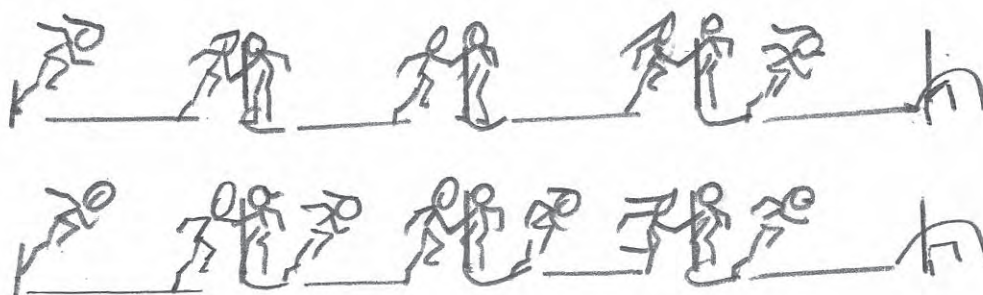


3 Rep.
Reg.90"

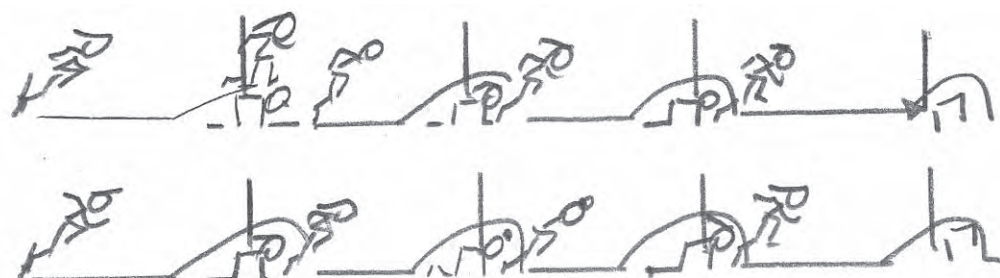


Rotar las posiciones

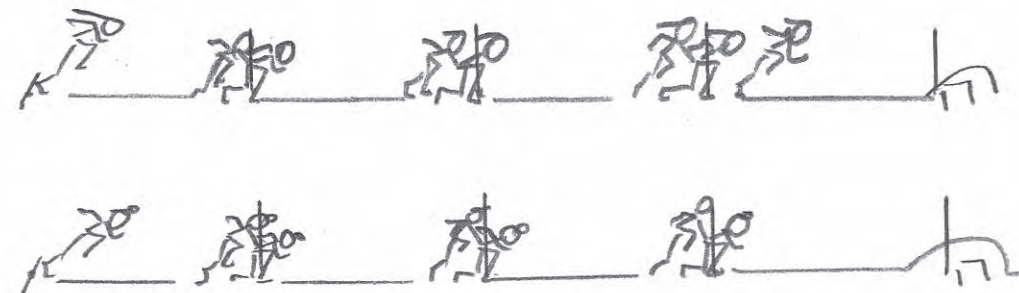
— 25 m — — 25 m — — 25 m — — 25 m —



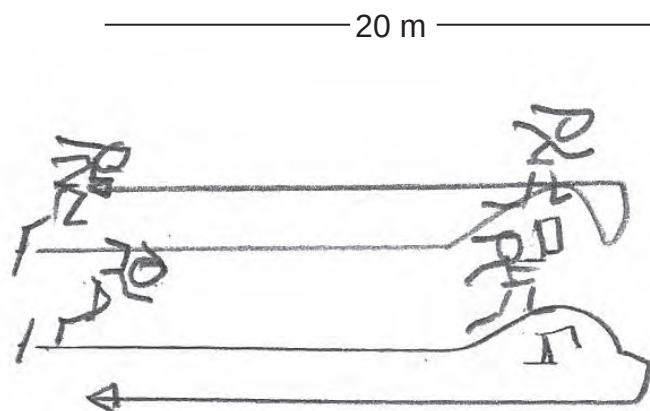
3 Rep.
Reg.90"



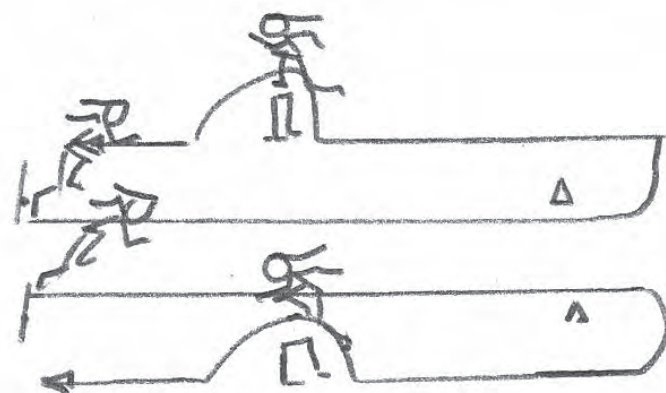
3 Rep.
Reg.90"



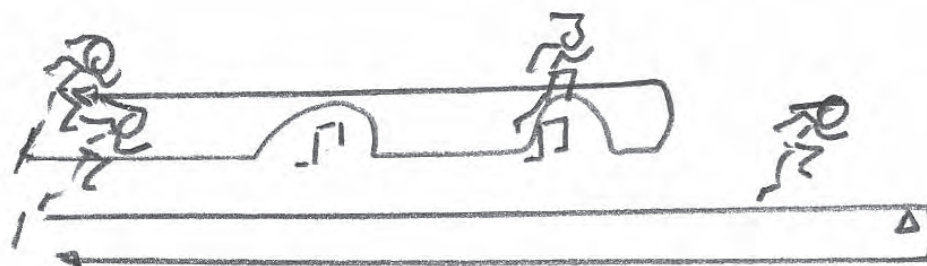
3 Rep.
Reg.90"



4 Rep.
Reg.1'



4 Rep.
Reg.1'



4 Rep.
Reg.1'

—— 15 m —— 15 m ——



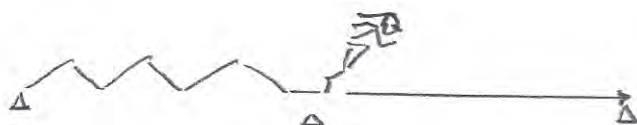
3 Rep.
Reg.1'



3 Rep.
Reg.1'



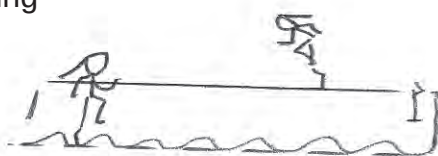
3 Rep.
Reg.1'



3 Rep.
Reg.1'

——— 10 m ———

Skipping



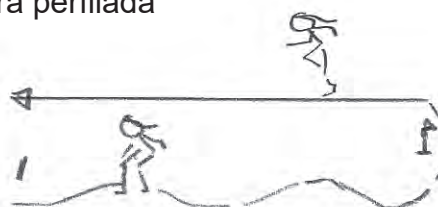
Carrera de espalda



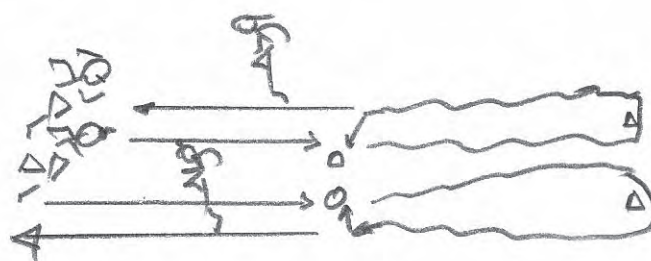
Carrera lateral



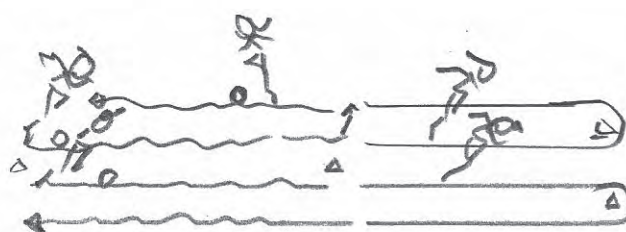
Carrera perfilada



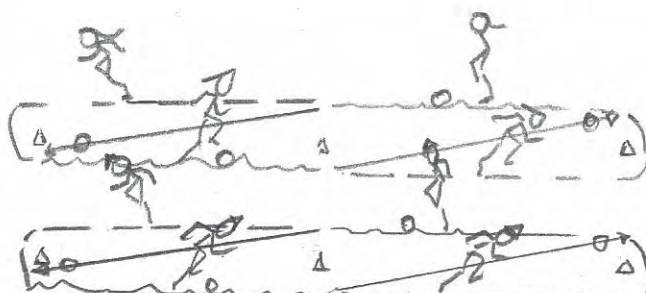
——— 15 m ———



5 Rep.
Reg. 45"



5 Rep.
Reg. 45"

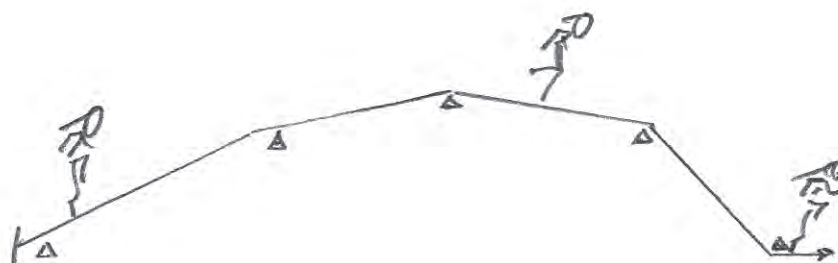


5 Rep.
Reg. 45"

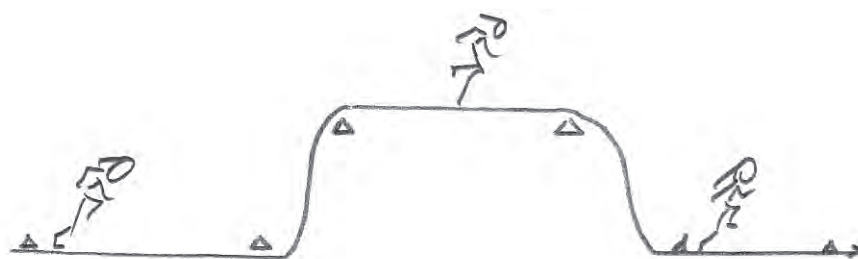
— 20 m —



4 Rep.
Reg. 1'

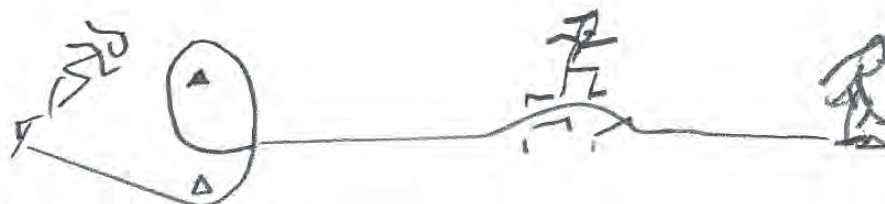


4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

——— 15 m ———



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"



4 Rep.
Reg. 45"

———— 5 m ————



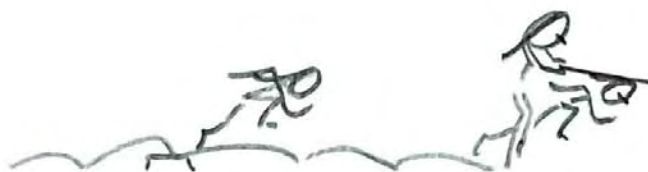
5 Rep.
Reg. 20"



5 Rep.
Reg. 20"

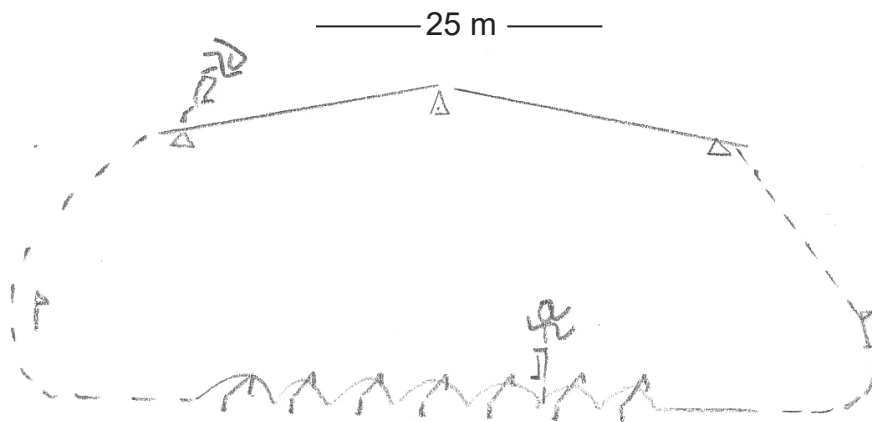


5 Rep.
Reg. 20"



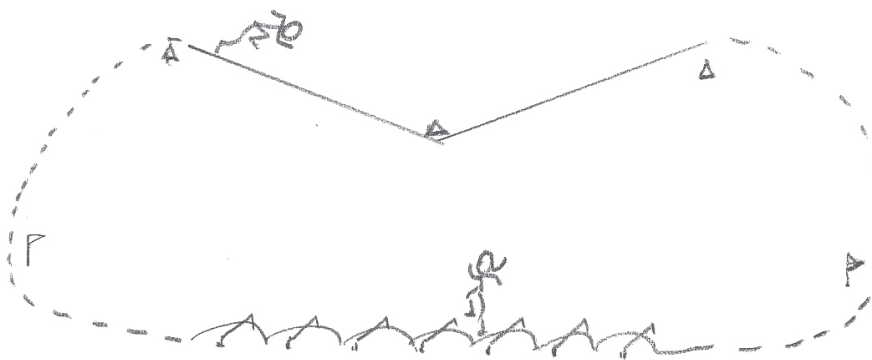
5 Rep.
Reg. 20"

E1



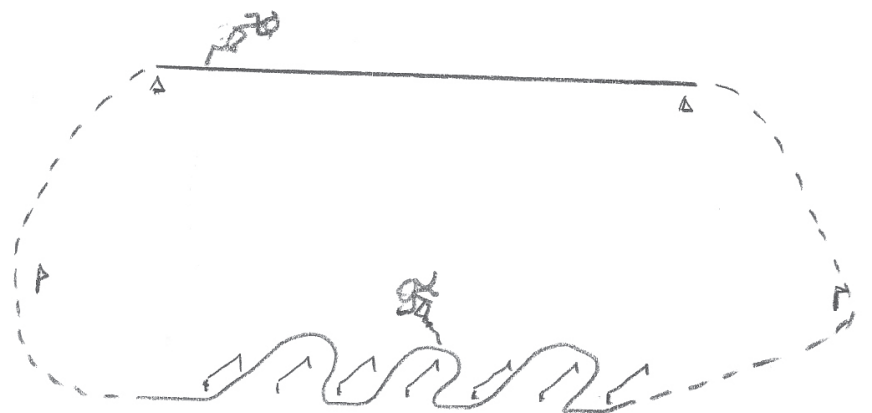
4 Rep.
Reg. 1'

E2

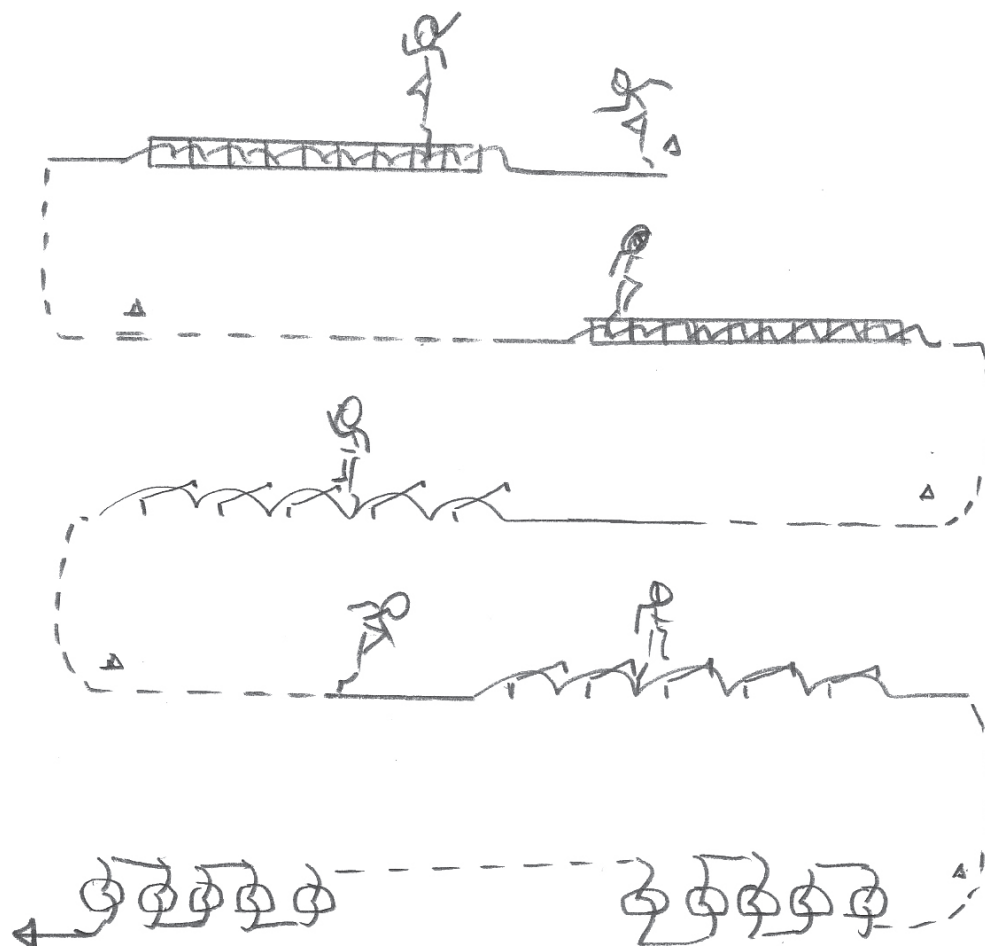


4 Rep.
Reg. 1'

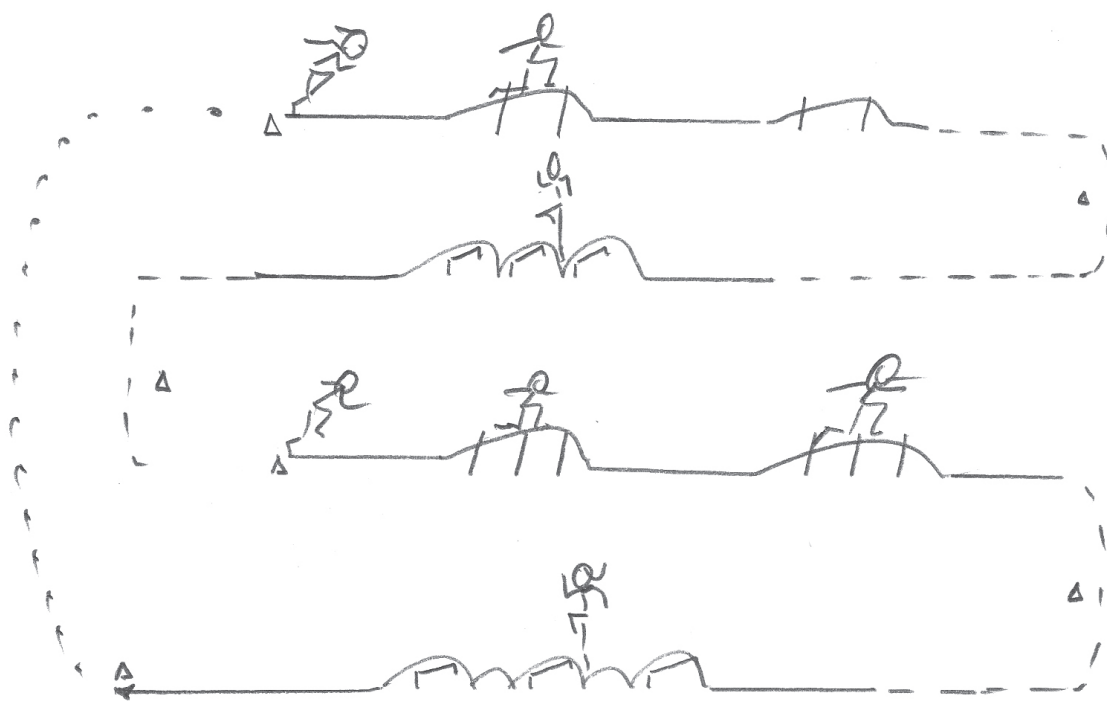
E3



4 Rep./ Reg. 75" / 2' PE x E1 - E2 - E3



8 Rondas / Reg. 90"

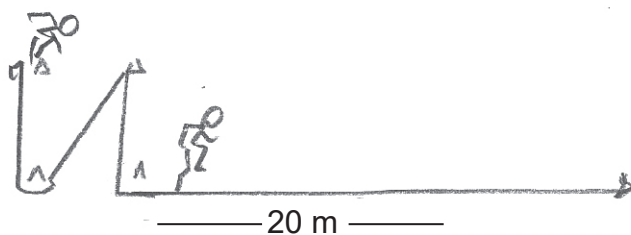


10 Rondas / Reg. 75"

1



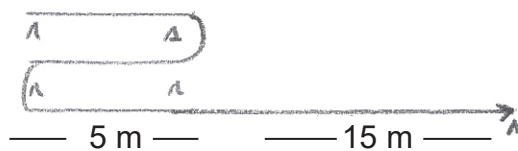
2



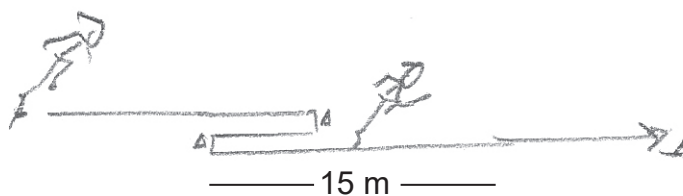
3



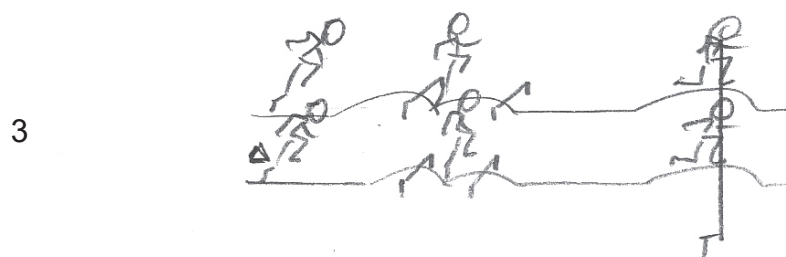
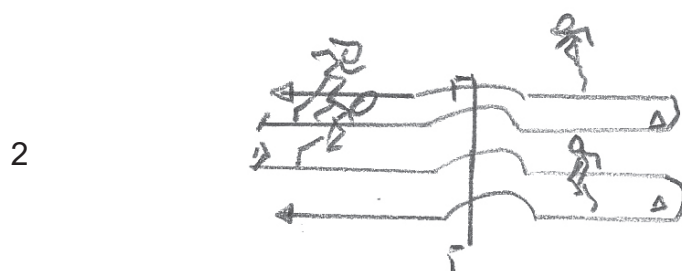
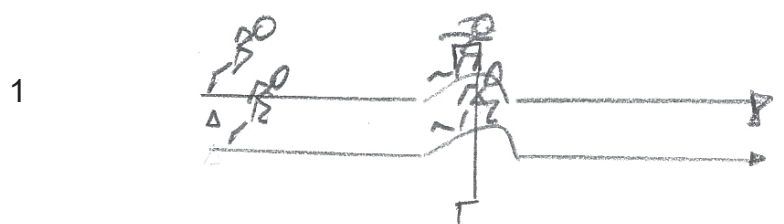
4



5



3 Rep./ Reg. 45" x 1 - 2 - 3 - 4 - 5



3 Rep./ Reg. 45" x 1 - 2 - 3 - 4 - 5

E1



E2



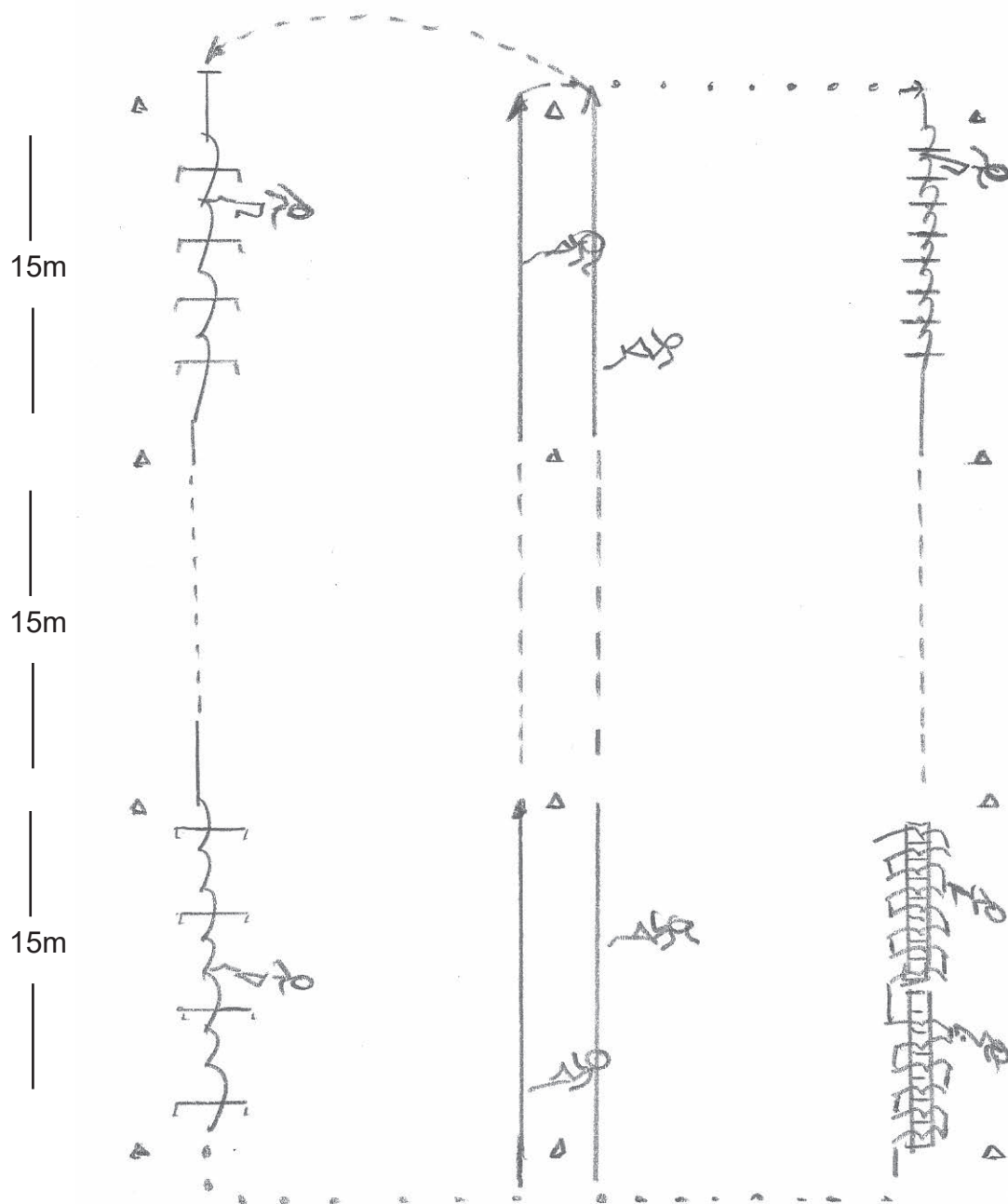
E3



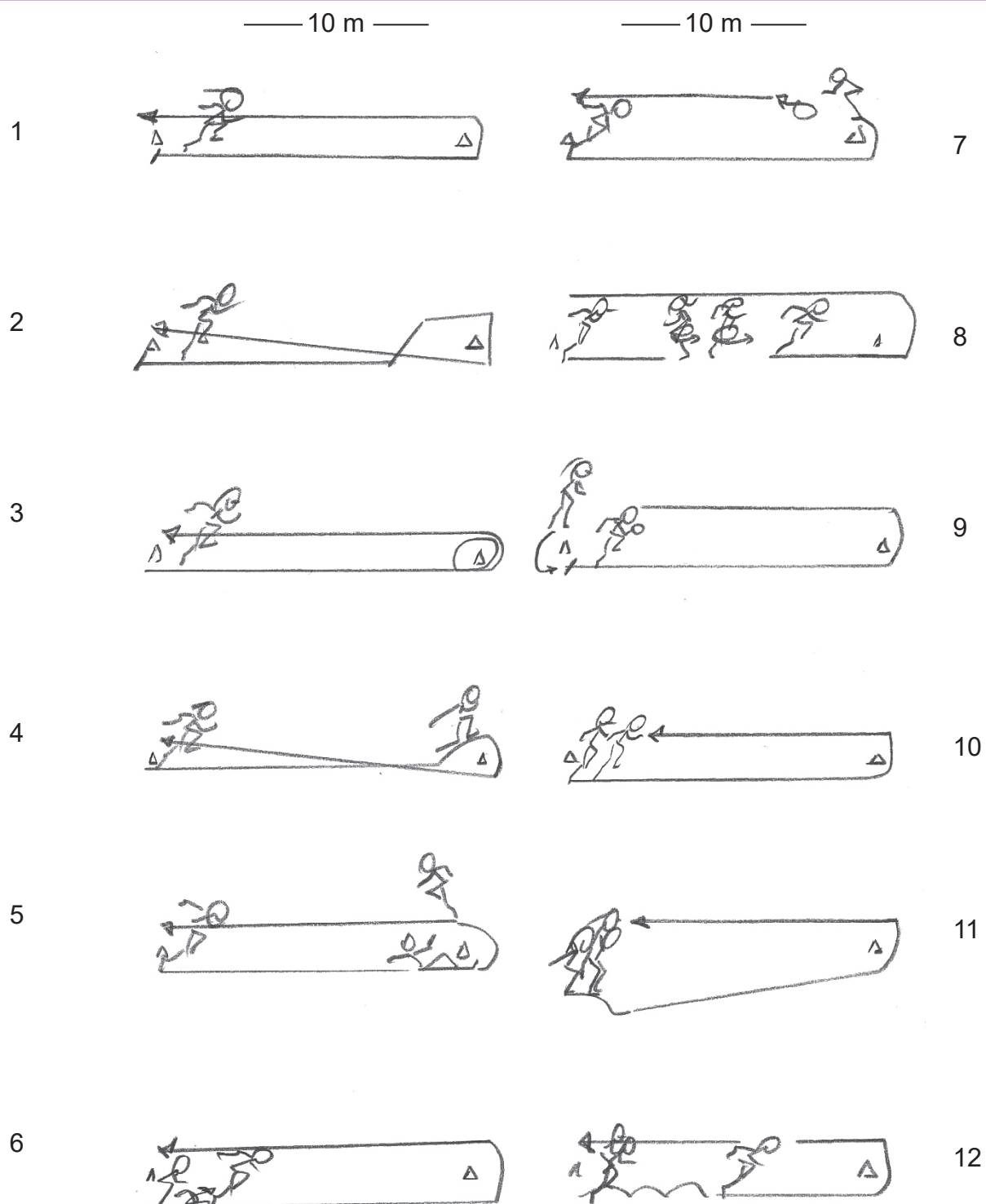
E4



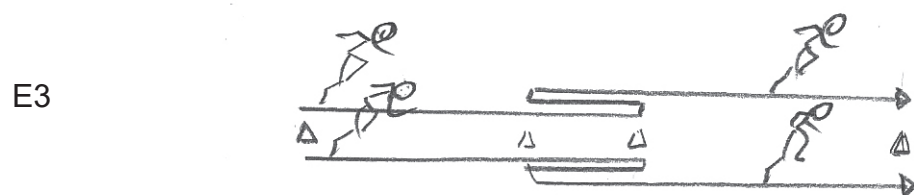
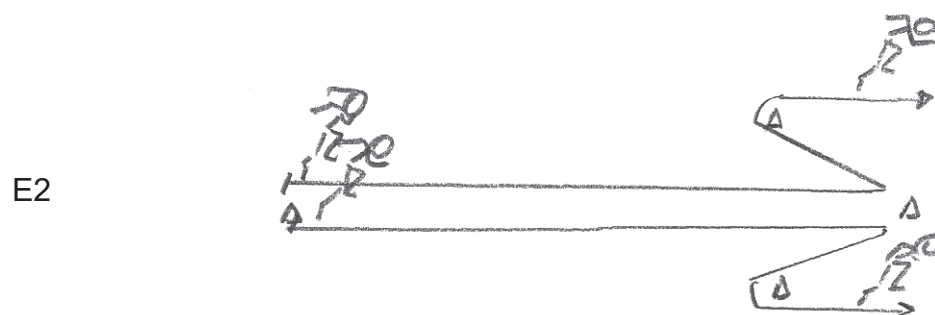
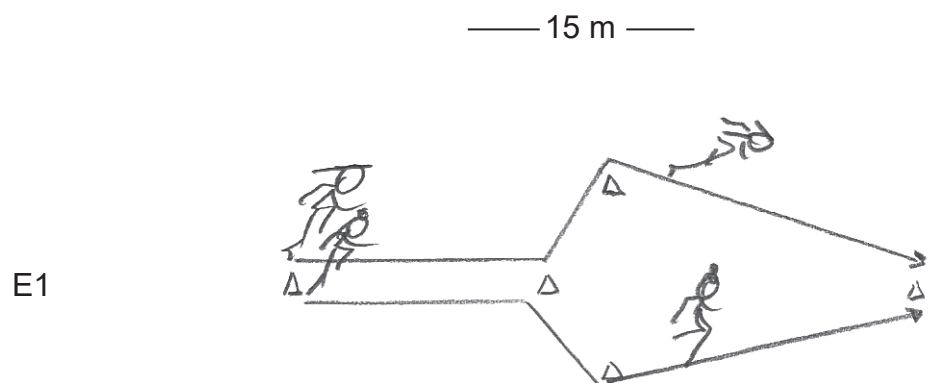
3 Rep./ Reg. 45" x E1 - E2 - E3 - E4 - E5

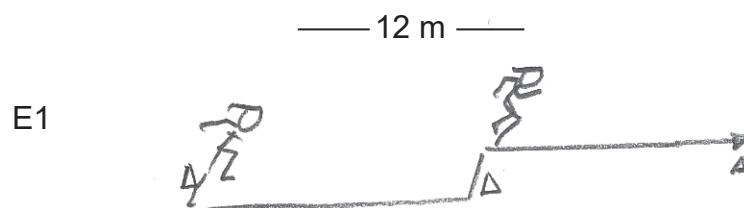


5 Rondas / Reg. 2'30"
Recuperación trote lento



2 Rep. / Ej. 1 a 12





3 Rep./ Reg. 45" x E1 - E2 - E3 - E4 - E5

— 15 m —

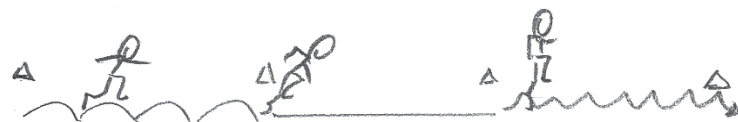
P1



P2



P3



P4



P5



3 Rep./ Reg. 45" x Ej. 1 - 2 - 3 - 4 - 5

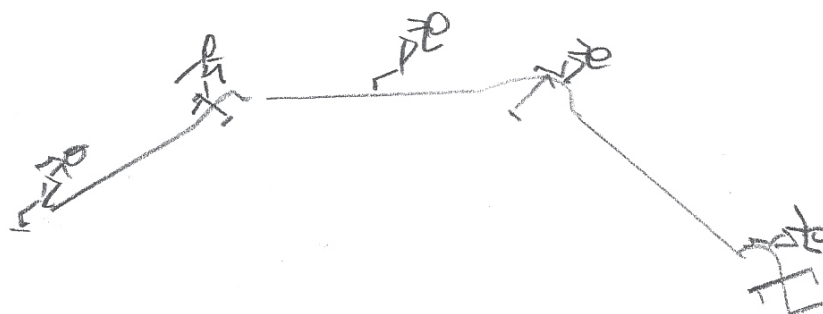
P1



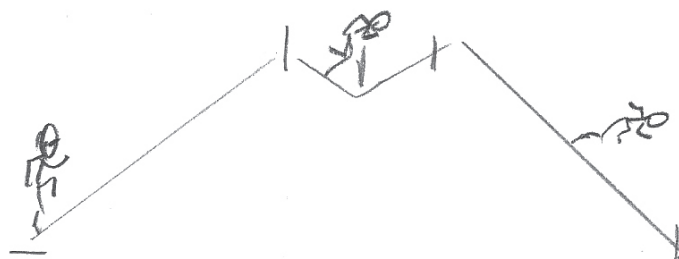
P2



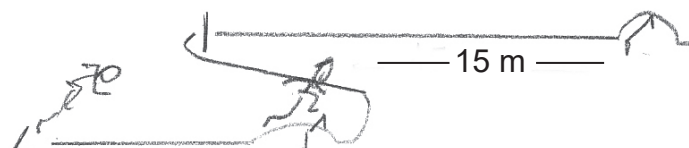
P3



P4



P5



3 Rep./ Reg. 45" x Ej. 1 - 2 - 3 - 4

15 m



5 Rep.
Reg. 45"

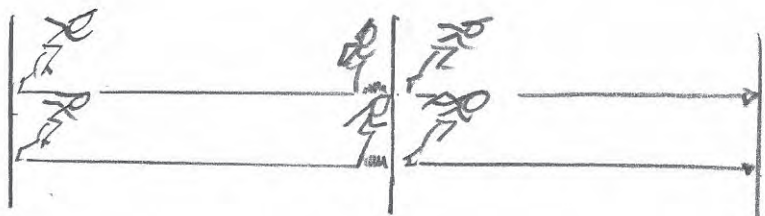


5 Rep.
Reg. 45"

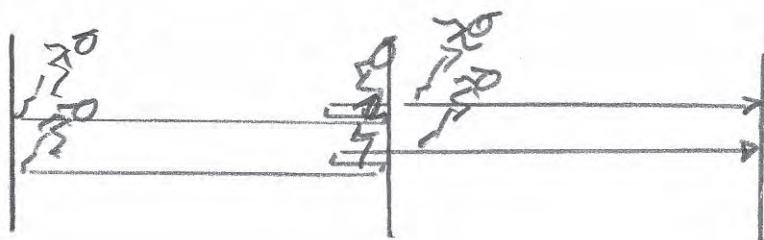


5 Rep.
Reg. 45"

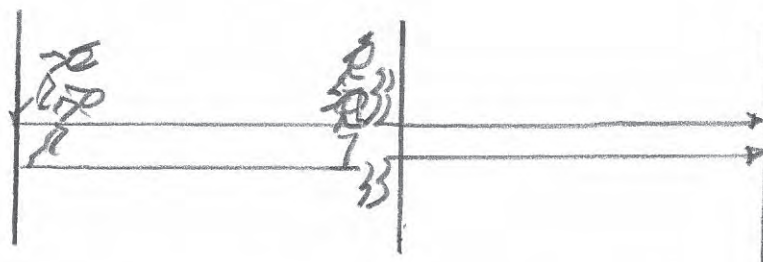
20 m



4 Rep.
Reg. 45"



4 Rep.
Reg. 60"



4 Rep.
Reg. 45"



4 Rep.
Reg. 60"

20 m



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

20 m



4 Rep.
Reg. 30"



4 Rep.
Reg. 45"



4 Rep.
Reg. 60"

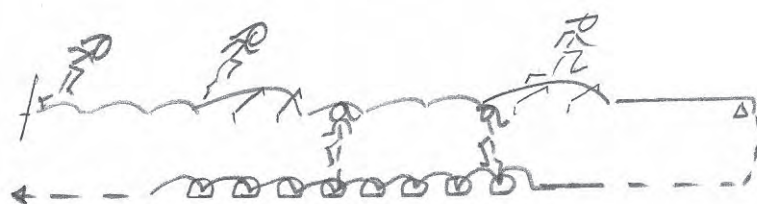
15 m



5 Rep.
Reg. 30"



5 Rep.
Reg. 45"

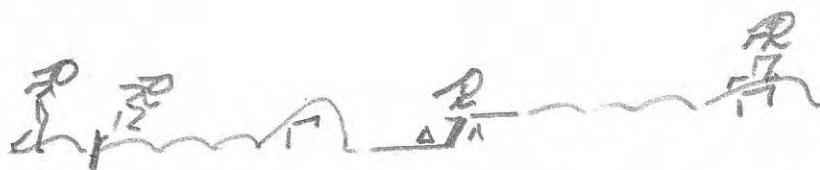


5 Rep.
Reg. 60"

20 m



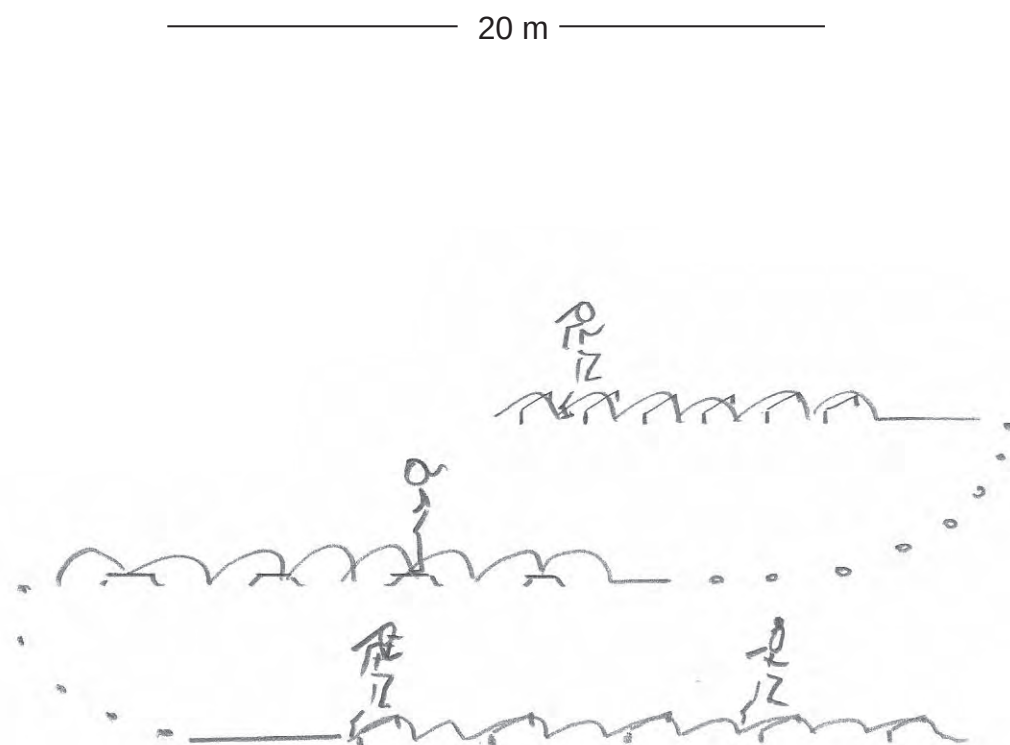
4 Rep.
Reg. 60"



4 Rep.
Reg. 60"



4 Rep.
Reg. 60"

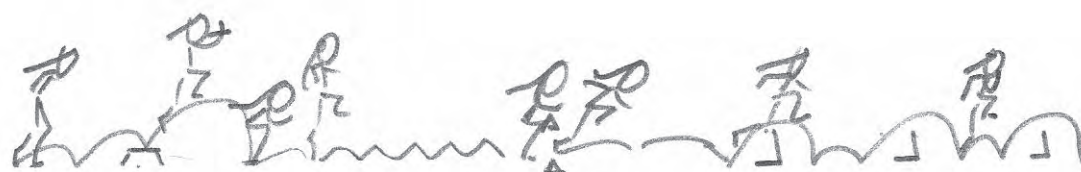


6 Rondas
Reg. 2'

————— 20 m —————



6 Rep.
Reg. 1'

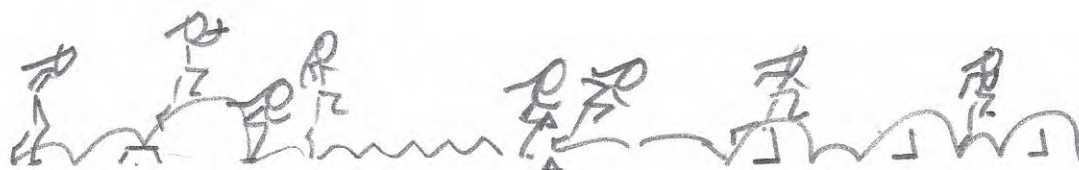


6 Rep.
Reg. 1'

15 m



3 Rondas
Reg. 2'



3 Rondas
Reg. 2'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



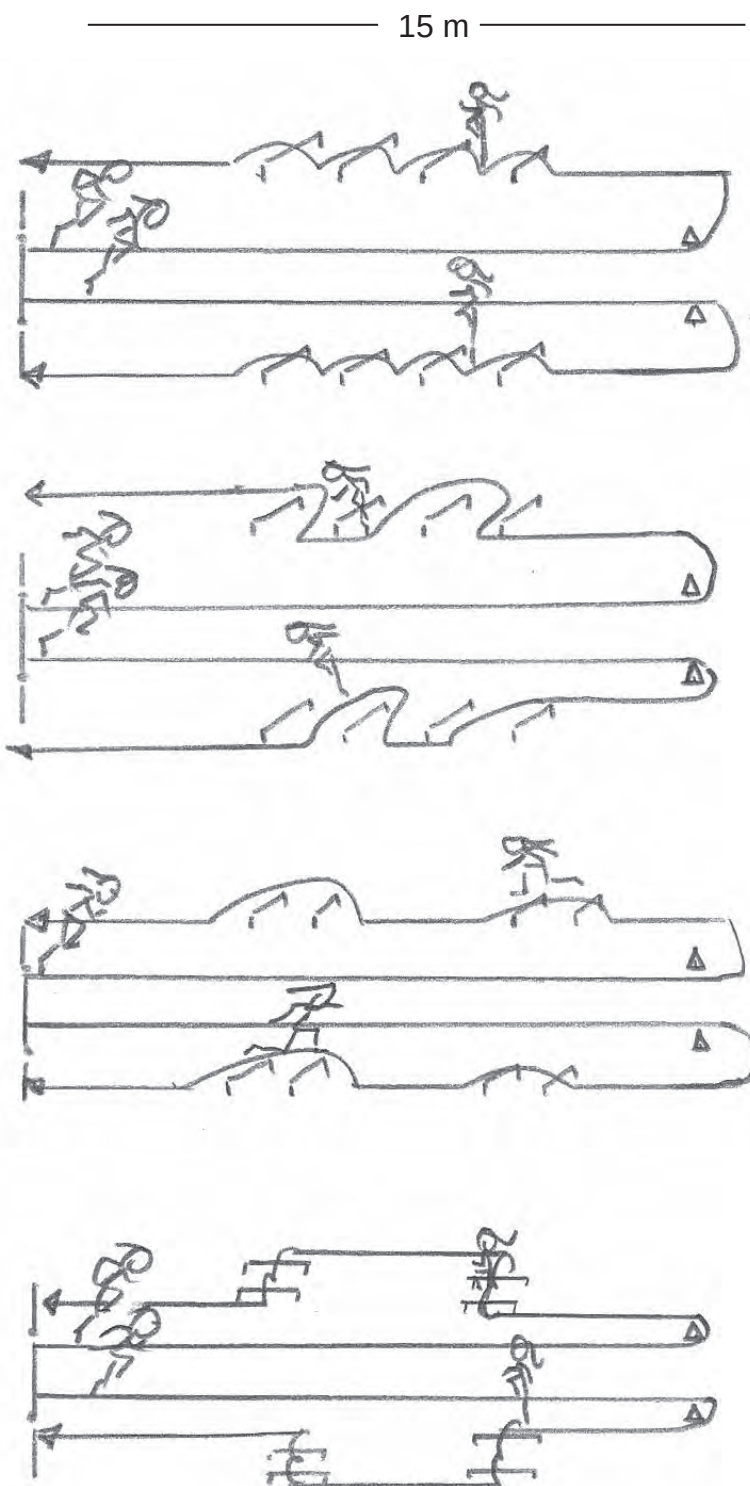
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



4 Rep.
Reg. 1'



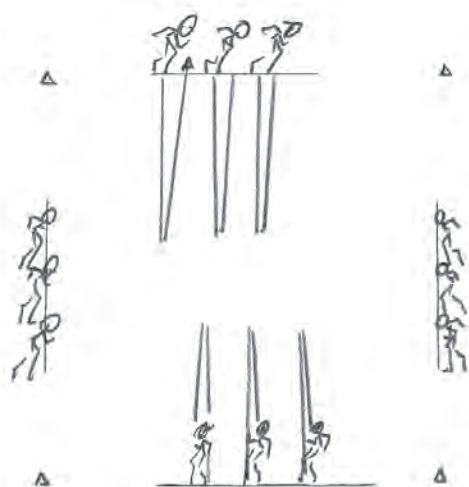
3 Rep.
Reg. 1'

3 Rep.
Reg. 1'

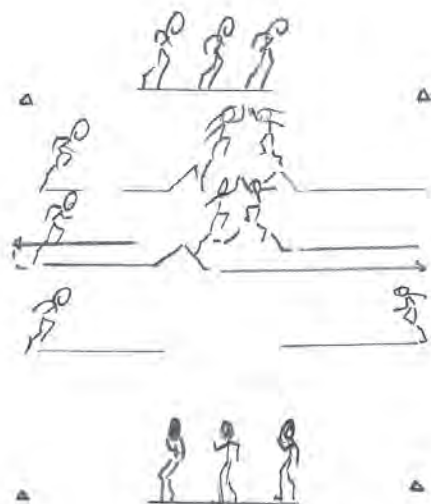
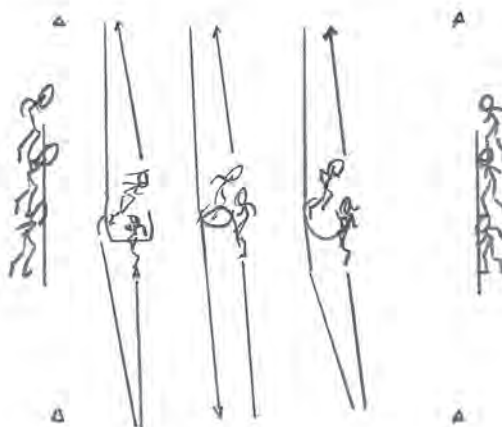
3 Rep.
Reg. 1'

3 Rep.
Reg. 1'

15 m



Salir al silbatazo
6 Rep. Pausas cortas



12 m

5 Saltos



5 Rep.
Reg. 45"



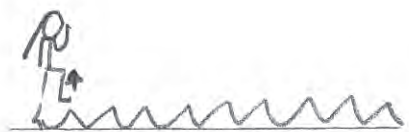
5 Rep.
Reg. 45"



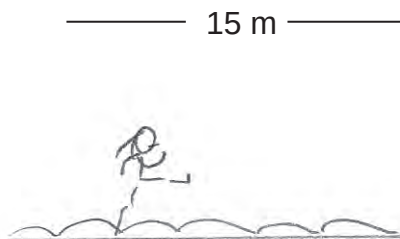
5 Rep.
Reg. 45"

15 m

1



5



2



6



3



7



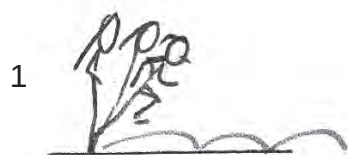
4



8



2 Rep. / Reg. 30" x 1-2-3-4-5-6-7-8



6



7



8



9



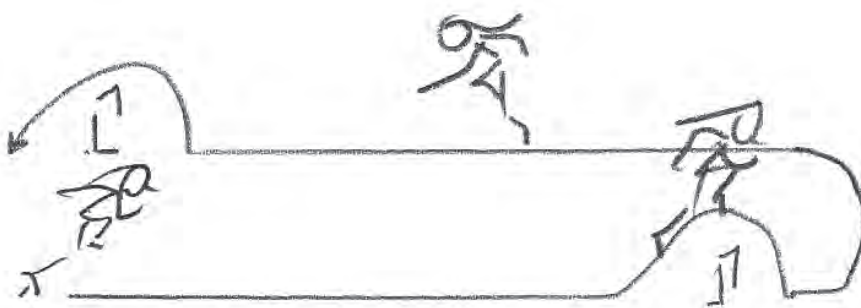
10

3 Rep. / Reg. 30" x 1-2-3-4-5-6-7-8-9-10

18 m



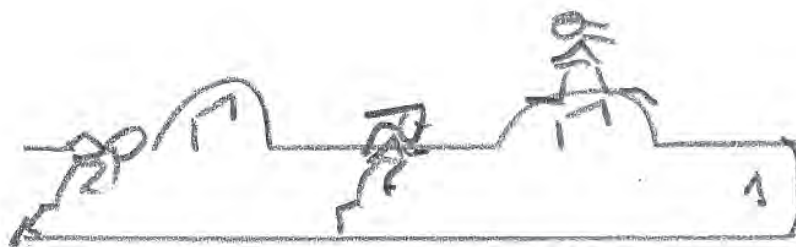
8 circuitos
Reg. 90"



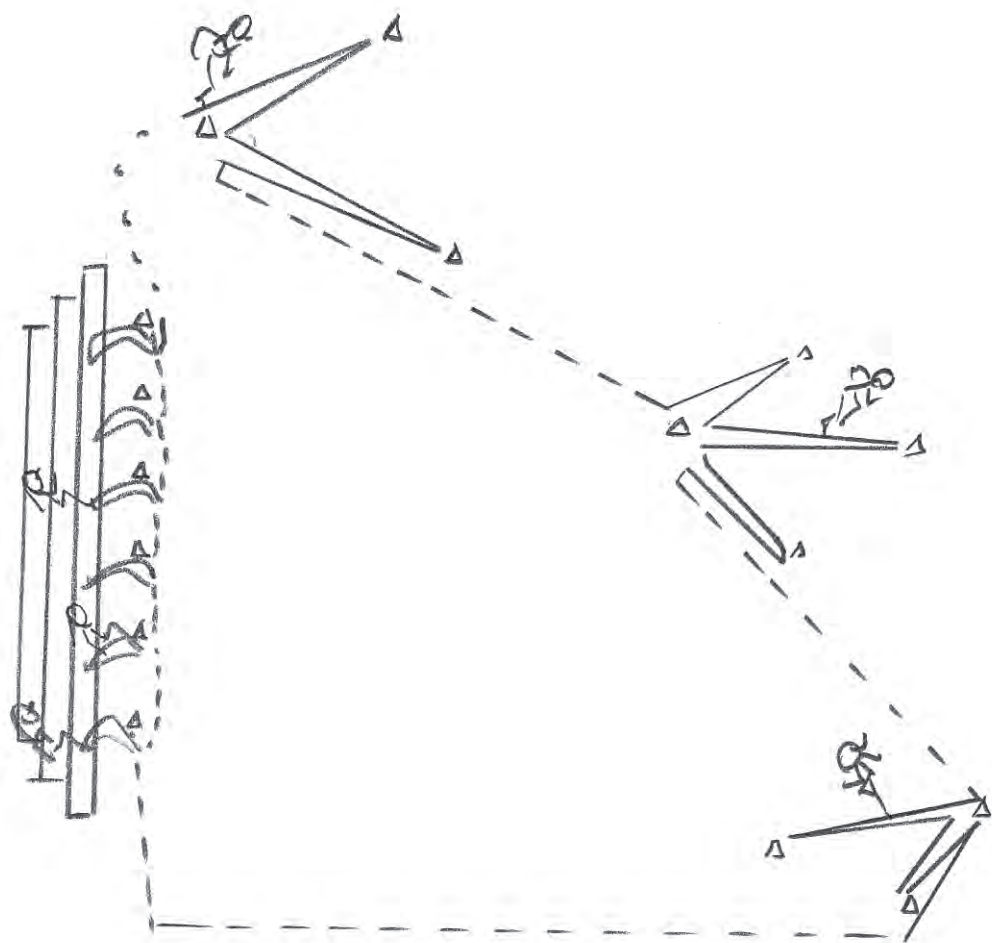
4 Rep.
Reg. 1'



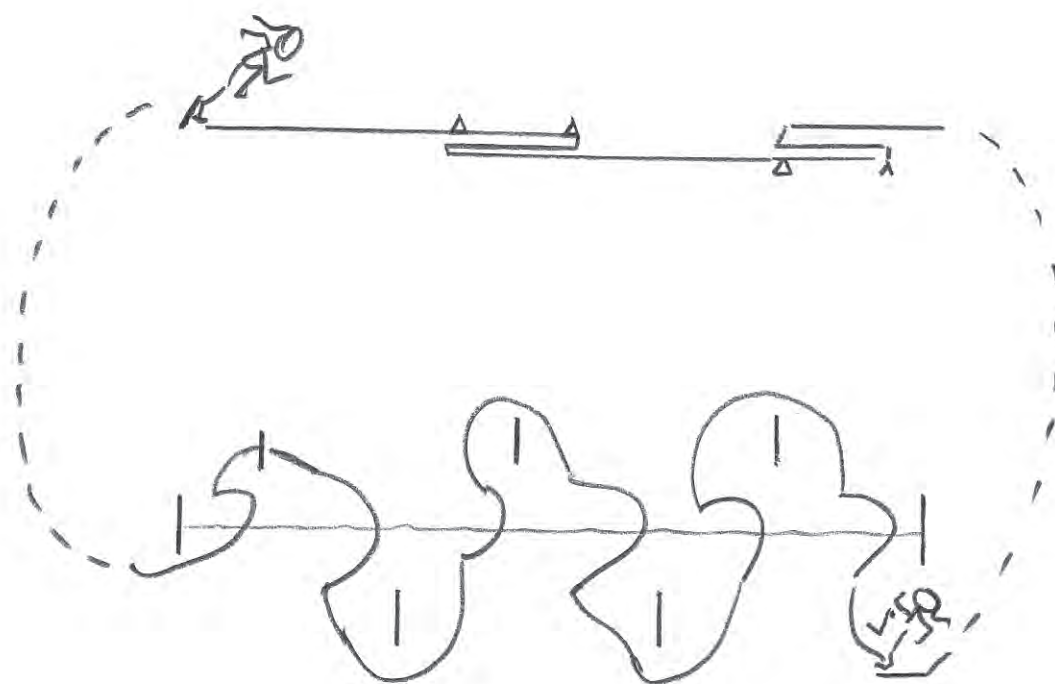
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

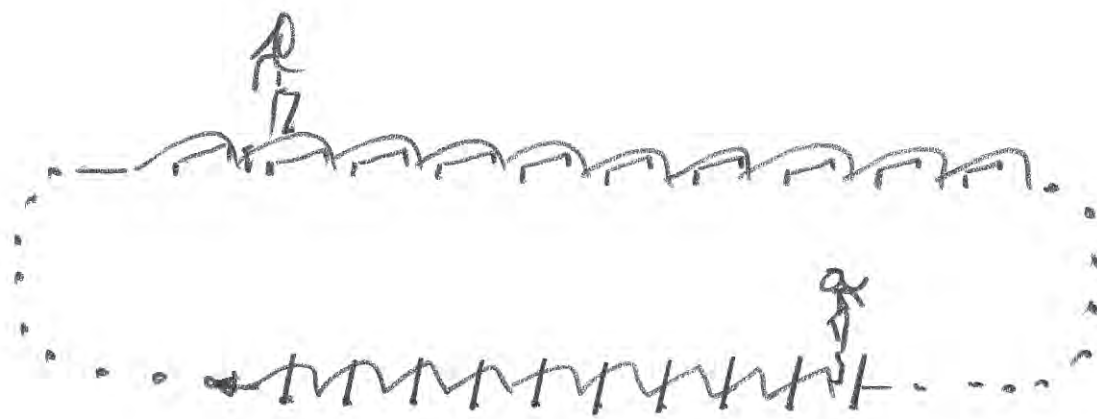


8 Rondas
Reg. 90"



8 Rondas
Reg. 90"

1.20m separación entre varillas
0.80m separación entre bastones



2 Rondas
Frecuencia



1 Ronda
Jumps

4 Bloques de 3 Rondas

15 m 15 m 15 m

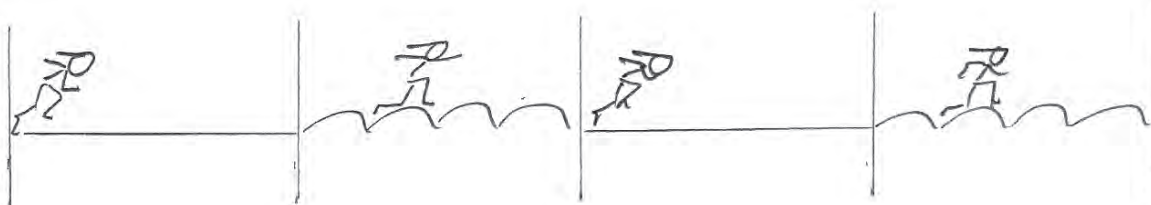


4 Rondas
Reg. 90"



4 Rondas
Reg. 90"

— 7 m — — 7 m — — 7 m — — 7 m —



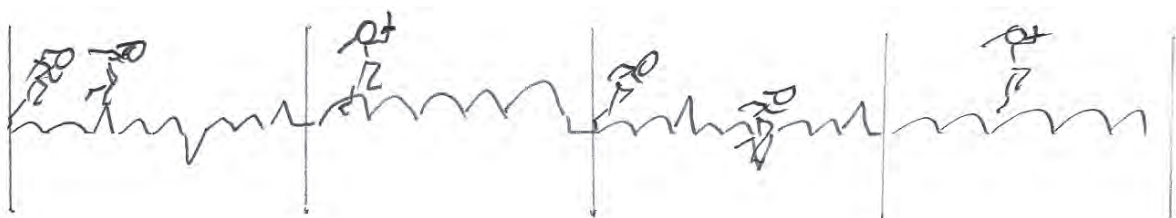
4 Rep.
Reg. 1'



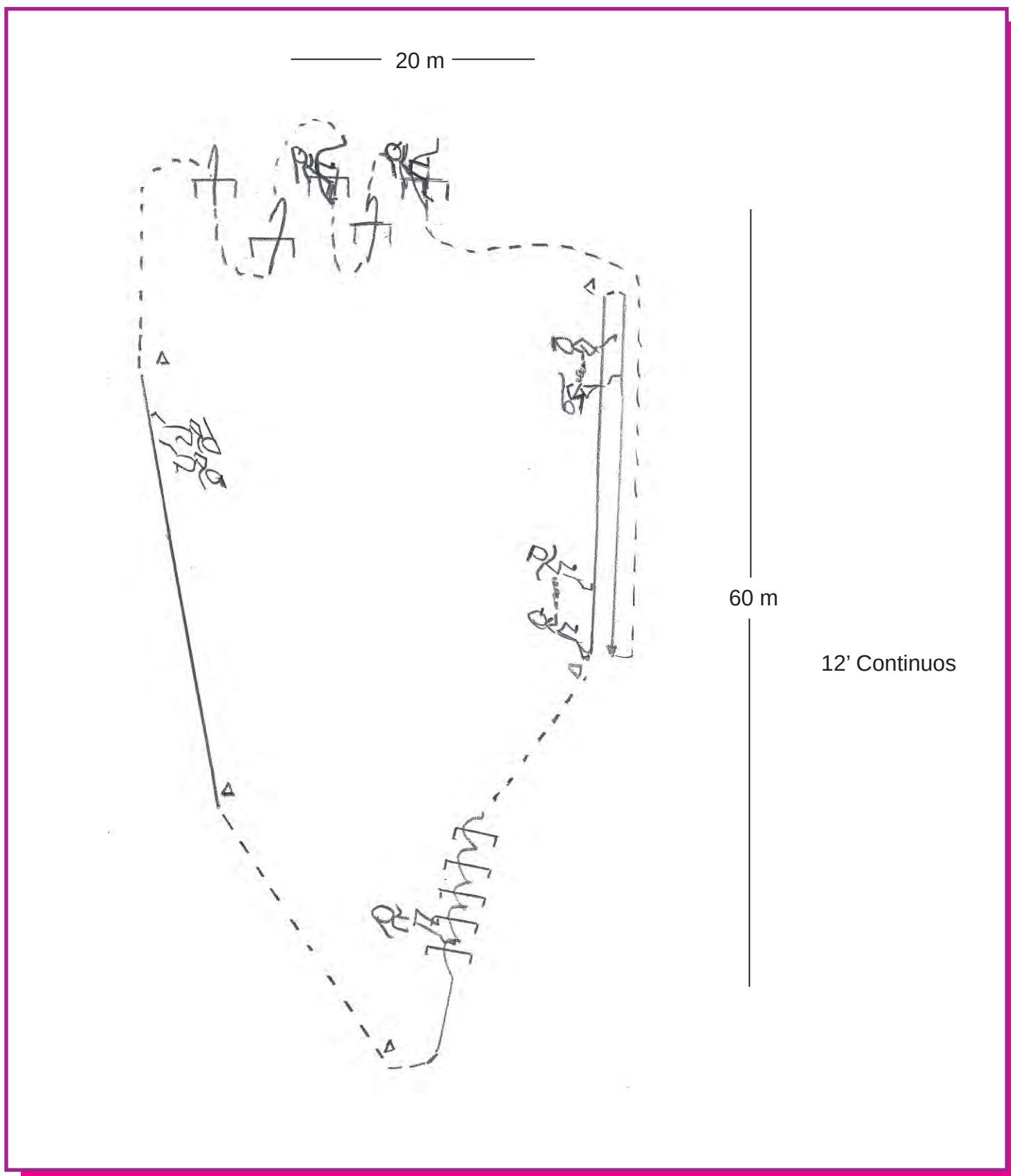
4 Rep.
Reg. 1'



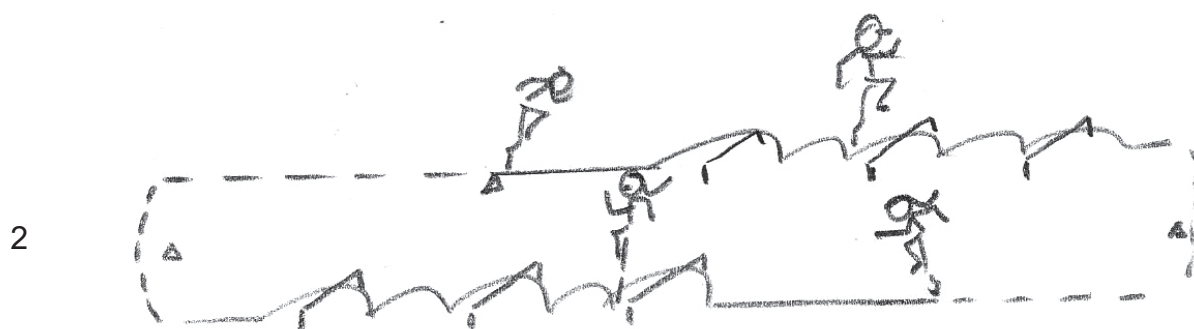
4 Rep.
Reg. 1'



4 Rep.
Reg. 1'

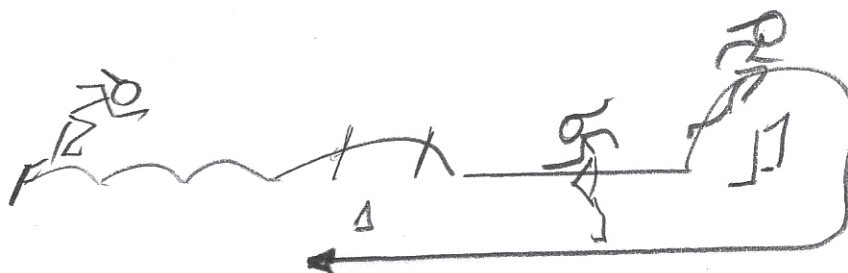


Sep. vallas 3 m



4 Rondas / Reg. 75" Ejercicio 1 - 2 - 3

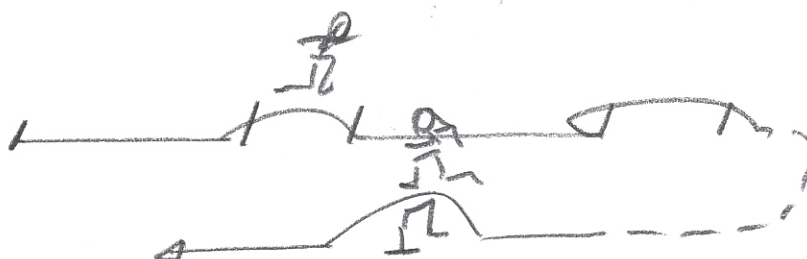
1



2



3



5 Rep. / Reg. 1' x Ejercicio 1 - 2 - 3

Sep. vallas 1.30 m



Sep. vallas 1.40 m



Sep. vallas 1.50 m



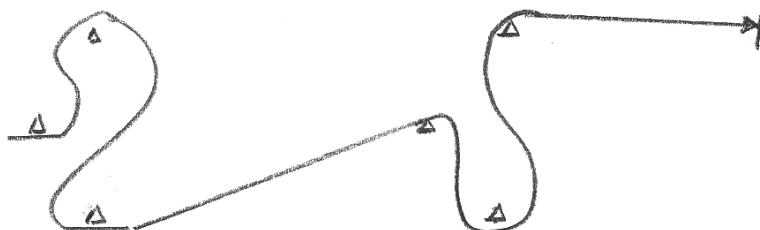
4 Rep. / Reg. 40" / Ejercicio 1 - 2 - 3

15 m

P1



P2



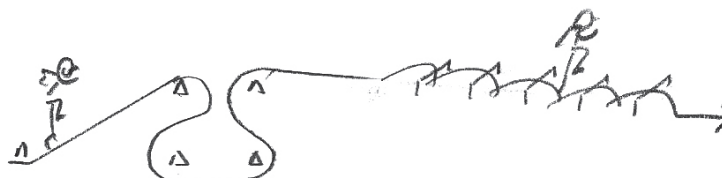
P3



P4



P5



4 Rep. / Reg. 45" / Ejercicio 1 - 2 - 3 - 4 - 5