

Top Chrono entrainement - CMI

Quart de ...

36 →	___	28 →	___	8 →	___	40 →	___
4 →	___	32 →	___	24 →	___	44 →	___
8 →	___	16 →	___	16 →	___	48 →	___
8 →	___	32 →	___	40 →	___	32 →	___
8 →	___	36 →	___	12 →	___	36 →	___

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8 →	___	32 →	___	40 →	___	32 →	___
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8 →	___	36 →	___	12 →	___	36 →	___

Top Chrono entrainement - CMI - CORRECTION

Quart de ...

36 → 9	28 → 7	8 → 2	40 → 10
4 → 1	32 → 8	24 → 6	44 → 11
8 → 2	16 → 4	16 → 4	48 → 12
8 → 2	32 → 8	40 → 10	32 → 8
8 → 2	36 → 9	12 → 3	36 → 9

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