

2 minutes Top Chrono entraînement - CEI

Utiliser la technique du « presque double »

2	+	3	=	___	3	+	4	=	___	4	+	5	=	___	3	+	4	=	___
3	+	4	=	___	8	+	9	=	___	8	+	9	=	___	8	+	9	=	___
5	+	6	=	___	6	+	7	=	___	5	+	6	=	___	6	+	7	=	___
8	+	9	=	___	7	+	8	=	___	8	+	9	=	___	7	+	8	=	___
1	+	2	=	___	1	+	2	=	___	6	+	7	=	___	4	+	5	=	___

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3	+	4	=	___	8	+	9	=	___	8	+	9	=	___	8	+	9	=	___
5	+	6	=	___	6	+	7	=	___	5	+	6	=	___	6	+	7	=	___
8	+	9	=	___	7	+	8	=	___	8	+	9	=	___	7	+	8	=	___
1	+	2	=	___	1	+	2	=	___	6	+	7	=	___	4	+	5	=	___

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3	+	4	=	___	8	+	9	=	___	8	+	9	=	___	8	+	9	=	___
5	+	6	=	___	6	+	7	=	___	5	+	6	=	___	6	+	7	=	___
8	+	9	=	___	7	+	8	=	___	8	+	9	=	___	7	+	8	=	___
1	+	2	=	___	1	+	2	=	___	6	+	7	=	___	4	+	5	=	___

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3	+	4	=	___	8	+	9	=	___	8	+	9	=	___	8	+	9	=	___
5	+	6	=	___	6	+	7	=	___	5	+	6	=	___	6	+	7	=	___
8	+	9	=	___	7	+	8	=	___	8	+	9	=	___	7	+	8	=	___
1	+	2	=	___	1	+	2	=	___	6	+	7	=	___	4	+	5	=	___

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2	+	3	=	___	3	+	4	=	___	4	+	5	=	___	3	+	4	=	___
3	+	4	=	___	8	+	9	=	___	8	+	9	=	___	8	+	9	=	___
5	+	6	=	___	6	+	7	=	___	5	+	6	=	___	6	+	7	=	___
8	+	9	=	___	7	+	8	=	___	8	+	9	=	___	7	+	8	=	___
1	+	2	=	___	1	+	2	=	___	6	+	7	=	___	4	+	5	=	___

2 minutes Top Chrono entraînement - CEI - CORRECTION

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2	+	3	=	5		3	+	4	=	7		4	+	5	=	9		3	+	4	=	7
3	+	4	=	7		8	+	9	=	17		8	+	9	=	17		8	+	9	=	17
5	+	6	=	11		6	+	7	=	13		5	+	6	=	11		6	+	7	=	13
8	+	9	=	17		7	+	8	=	15		8	+	9	=	17		7	+	8	=	15
1	+	2	=	3		1	+	2	=	3		6	+	7	=	13		4	+	5	=	9

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2	+	3	=	5		3	+	4	=	7		4	+	5	=	9		3	+	4	=	7
3	+	4	=	7		8	+	9	=	17		8	+	9	=	17		8	+	9	=	17
5	+	6	=	11		6	+	7	=	13		5	+	6	=	11		6	+	7	=	13
8	+	9	=	17		7	+	8	=	15		8	+	9	=	17		7	+	8	=	15
1	+	2	=	3		1	+	2	=	3		6	+	7	=	13		4	+	5	=	9

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2	+	3	=	5		3	+	4	=	7		4	+	5	=	9		3	+	4	=	7
3	+	4	=	7		8	+	9	=	17		8	+	9	=	17		8	+	9	=	17
5	+	6	=	11		6	+	7	=	13		5	+	6	=	11		6	+	7	=	13
8	+	9	=	17		7	+	8	=	15		8	+	9	=	17		7	+	8	=	15
1	+	2	=	3		1	+	2	=	3		6	+	7	=	13		4	+	5	=	9

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2	+	3	=	5		3	+	4	=	7		4	+	5	=	9		3	+	4	=	7
3	+	4	=	7		8	+	9	=	17		8	+	9	=	17		8	+	9	=	17
5	+	6	=	11		6	+	7	=	13		5	+	6	=	11		6	+	7	=	13
8	+	9	=	17		7	+	8	=	15		8	+	9	=	17		7	+	8	=	15
1	+	2	=	3		1	+	2	=	3		6	+	7	=	13		4	+	5	=	9

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2	+	3	=	5		3	+	4	=	7		4	+	5	=	9		3	+	4	=	7
3	+	4	=	7		8	+	9	=	17		8	+	9	=	17		8	+	9	=	17
5	+	6	=	11		6	+	7	=	13		5	+	6	=	11		6	+	7	=	13
8	+	9	=	17		7	+	8	=	15		8	+	9	=	17		7	+	8	=	15
1	+	2	=	3		1	+	2	=	3		6	+	7	=	13		4	+	5	=	9