

2 minutes Top Chrono entraînement - CEI

Utiliser la technique du « presque double »

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

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

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3 + 4 =	7 + 8 =	8 + 9 =	8 + 9 =
6 + 7 =	5 + 6 =	6 + 7 =	6 + 7 =
7 + 8 =	8 + 9 =	7 + 8 =	7 + 8 =
4 + 5 =	6 + 7 =	6 + 7 =	6 + 7 =

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

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3 + 4 =	8 + 9 =	7 + 8 =	8 + 9 =
6 + 7 =	6 + 7 =	6 + 7 =	5 + 6 =
7 + 8 =	8 + 9 =	7 + 8 =	7 + 8 =
6 + 7 =	4 + 5 =	6 + 7 =	6 + 7 =

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

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

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

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

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