

4*150 crawl nc1t1b 2-2-2
4*150 crawl-dos 1-1
400 crawl pbpad
4*100 4n pf
4*100 crawl pb elastique
4*50 pap ncj
400 crawl pb
4*50 pap pb
2*200 brasse-dos 1-1
400 crawl pbpad