

4000 m en ligne de 25 m

800 crawl nc-1t1b1bpf 1-1

400 crawl-4n 3-1

800 crawl nc-1t1b1bpf 1-1 pb

400 crawl-4n 3-1 pb

4*50 pap pf

4*50 pap

600 crawl pb pad

4*100 crawl-dos 1-1

4*25 pap

100 crawl 5t pb