

4000 m en ligne de 25 m

25 crawl

50 crawl

75 crawl nc-1t 1-1

100 crawl nc-1t 1-1

125 crawl nc-pf 1-1

150 crawl nc-pf 1-1

175 crawl

200 crawl

200 crawl-dos 1-1

175 crawl-dos 1-1

150 crawl-brasse 1-1

125 crawl-brasse 1-1

100 crawl-pap 1-1

75 crawl-pap 1-1

50 crawl

25 crawl

2*400 crawl-4n 3-1 pb

2*400 crawl-4n 1-1 pb

2*50 pap

2*50 pap pf

200 pap-dos 1-1

200 crawl