

4000 m en ligne de 25 m

300 crawl

300 crawl pb chevilles

300 crawl nc-1t 3-1

300 crawl nc-pf 3-1

300 crawl-3n 3-1

300 crawl-3n 3-1 pb chevilles

600 crawl pb pad

4*50 crawl-pap pf

4*50 crawl-dos pf

4*50 crawl-brasse pf

4*50 crawl pf

400 4n/100

2*200 crawl pb