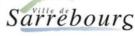




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HORAIRES COURSES





HORAIRE	CATÉGORIE	DISTANC	E PARCOURS
10H20	Masters	9410m	D + 1PB + 1MB + 3GB + A
11H10	Relais	5920m	D + 4MB + A
11H35	Be F	2570m	D+1PB+1MB+A
11H50	Be G	2570m	D + 1 PB + 1MB + A
12H05	Mi F	3400m	D + 2MB + A
12H25	Mi G	4050m	D+1PB+2MB+A
12H50	Cross cour H	4050m	D+1PB+2MB+A
12H53	Cross cour F	4050m	D + 1 PB + 2MB + A
13H2O	Ca F	4050m	D+1PB+2MB+A
13H45	Са Н	4850m	D + 1PB + 1MB + 1GB + A
14H10	Ju H	6480m	D + 1MB + 2GB + A
14H13	Ju F	4850m	D + 1PB + 1MB + 1GB + A
14H45	Cross long F	7280m	D + 3GB + A
15H3O	Cross long H	9410m	D + 1PB + 1MB + 3GB + A

<u>Légende</u>:

D=Départ-210m PB=Petite Boucle-650m MB=Moyenne Boucle-1480m GB=Grande Boucle-2280m A=Arrivée-230m



PARCOURS

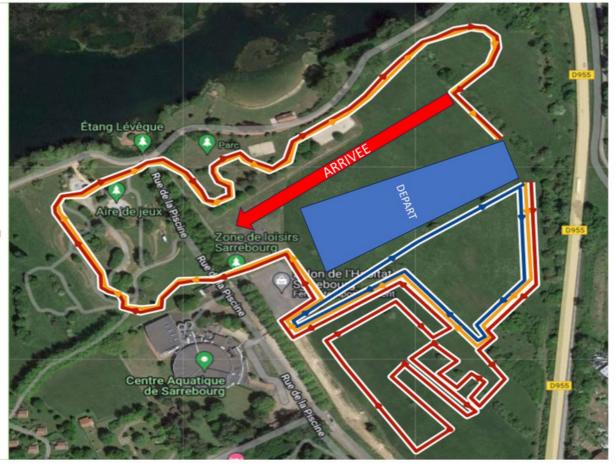
Départ = 210m

Petite Boucle = 650m

Moyenne Boucle = 1480m

Grande Boucle = 2280m

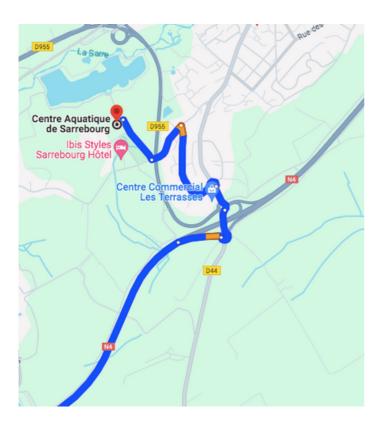
Arrivée = 230m





PLAN D'ACCÈS

SUIVRE PISCINE / ZONE DE LOISIRS



Baquatique Sarrebourg

Centre Commercial Expours Hotel

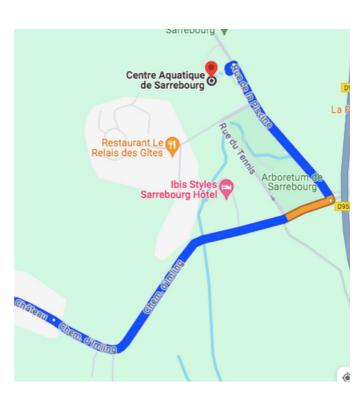
Description of the Description of

EN VENANT DE NANCY

EN VENANT DE STRASBOURG







EN VENANT DE IMLING



PLAN DE LA ZONE

