

NOTE	LUC LEGER		SOUPLESSE (cm)		GAINAGE	POMPES		KILLY	NOTE
	H	F	H	F	H et F	H	F	H et F	
20	14P	12P30sec	47	51	4 min 00 s	40	30	4 min 00 s	20
19	13P45sec	12P15sec	46	50	3 min 55 s	38	28	3 min 55 s	19
18	13P30sec	12P	45	49	3 min 50 s	36	26	3 min 50 s	18
17	13P15sec	11P45sec	44	48	3 min 45 s	34	24	3 min 45 s	17
16	13P	11P30sec	43	47	3 min 40 s	32	22	3 min 40 s	16
15	12P45sec	11P15sec	42	46	3 min 35 s	30	20	3 min 35 s	15
14	12P30sec	11P	40	44	3 min 30 s	28	18	3 min 30 s	14
13	12P15sec	10P45sec	38	42	3 min 25 s	26	16	3 min 25 s	13
12	12P	10P30sec	36	40	3 min 20 s	24	14	3 min 20 s	12
11	11P30sec	10P	34	38	3 min 10 s	22	12	3 min 10 s	11
10	11P	9P30sec	32	36	3 min 00 s	20	10	3 min 00 s	10
9	10P30sec	9P	30	34	2 min 50 s	18	9	2 min 50 s	9
8	10P	8P30sec	28	32	2 min 40 s	16	8	2 min 40 s	8
7	9P30sec	8P	26	30	2 min 30 s	14	7	2 min 30 s	7
6	9P	7P30sec	24	28	2 min 10 s	12	6	2 min 10 s	6
5	8P30sec	7P	22	26	2 min 00 s	10	5	2 min 00 s	5
4	8P	6P30sec	20	24	1 min 50 s	8	4	1 min 50 s	4
3	7P30sec	6P	18	22	1 min 40 s	6	3	1 min 40 s	3
2	7P	5P30sec	16	20	1 min 30 s	4	2	1 min 30 s	2
1	6P30sec	5P	14	18	1 min 20 s	2	1	1 min 20 s	1