

TAISA 2018/2019

	LFN	
	(Course/Récupération)*Répétition - Distance	Distance totale à parcourir
R1 Expérimentés	(15s/20s)*30 - 70m	2100m
R2	(15s/20s)*30 - 70m	2100m
R3	(15s/20s)*30 - 65m	1950m
Candidats R3	(15s/20s)*30 - 65m	1950m
	DOF	
	(Course/Récupération)*Répétition - Distance	Distance totale à parcourir
D1	(15s/20s)*25 - 60m	1500m
ESPOIRS	(15s/20s)*25 - 60m	1500m
D2	(15s/20s)*25 - 60m	1500m
D3	(15s/20s)*20 - 60m	1200m
D4	(15s/20s)*20 - 60m	1200m
STAGIAIRES	(15s/20s)*20 - 60m	1200m