

## U23 2017 menu V5

<b>05/29</b>	<b>05/30</b>	<b>05/31</b>	<b>06/01</b>	<b>06/02</b>	<b>06/03</b>	<b>06/04</b>
off	15km B1	C2 x3	15km B1	20km B2 (2x30'ergo)	15km B1	off
<b>06/05</b>	<b>06/06</b>	<b>06/07</b>	<b>06/08</b>	<b>06/09</b>	<b>06/10</b>	<b>06/11</b>
	20km B2	C2 x3	20km B1	15km B4 (24-28-32)	16km B6 (6x10)	16km B1
15km B1	15km B1		15km B1			
<b>06/12</b>	<b>06/13</b>	<b>06/14</b>	<b>06/15</b>	<b>06/16</b>	<b>06/17</b>	<b>06/18</b>
15km B5 2x500	12km B6 (6x10)	12km B5 1x500m	2k	15km B1	20km B2	20km B2
12km B1		free			15km B1	
<b>06/19</b>	<b>06/20</b>	<b>06/21</b>	<b>06/22</b>	<b>06/23</b>	<b>06/24</b>	<b>06/25</b>
off	15km B1	20km B1	20km B2	20km B1	C2 x3	20km B1
	C2 x3		15km B1		15km B1	
<b>06/26</b>	<b>06/27</b>	<b>06/28</b>	<b>06/29</b>	<b>06/30</b>	<b>07/01</b>	<b>07/02</b>
off	20km B2	15km B1	20km B1	20km B2	C2 x3	20km B1
	15km B1	C2 x3		15km B1		
<b>07/03</b>	<b>07/04</b>	<b>07/05</b>	<b>07/06</b>	<b>07/07</b>	<b>07/08</b>	<b>07/09</b>
off	15km B1	15km B1	20km B2		20km B1	16km B3 (3x2k)
	C2 x3		15km B6 (6x10)	C2 x3		
<b>07/10</b>	<b>07/11</b>	<b>07/12</b>	<b>07/13</b>	<b>07/14</b>	<b>07/15</b>	<b>07/16</b>
trip JPN- FRA	15km B1	15km B2 (2x20')	15km B4 (24-28-32)	16km B6 (6x10)	15km B5 2x500	trip
off	8km B1		12km B1		12km B1	
<b>07/17</b>	<b>07/18</b>	<b>07/19</b>	<b>07/20</b>	<b>07/21</b>	<b>07/22</b>	<b>07/23</b>
settings	12km B5 1x500m					
12km B1	free	WC U23 Plovdiv BUL				