

Seniors 2018
Menu 6.2
WCh PLOVDIV

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|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 07/16 | 07/17 | 07/18 | 07/19 | 07/20 | 07/21 | 07/22 |
| off | off | B1 free | C2 x2 | 15km B1 | B1 free | C2 x3 |
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|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 07/23 | 07/24 | 07/25 | 07/26 | 07/27 | 07/28 | 07/29 |
| off | B1 free | C2 x3 | 15km B1 | B1 free | C2 x3 | off |
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|----------------|--------------|--------------|----------------|--------------|--------------|----------------|
| 07/30 | 07/31 | 08/01 | 08/02 | 08/03 | 08/04 | 08/05 |
| trip JPN - FRA | 12km B1 | 16km B1 | 20km B1 | 20km B1 | C2 x3 | 20km B2 |
| | | | 15km B1 / free | | 15km B1 | 15km B1 / free |

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|--------------|--------------|----------------|--------------|--------------|----------------|--------------|
| 08/06 | 08/07 | 08/08 | 08/09 | 08/10 | 08/11 | 08/12 |
| 20km B1 | C2 x3 | 20km B2 | 20km B1 | C2 x3 | 20km B2 | 20km B1 |
| | 20km B1 | 15km B1 / free | | 15km B1 | 15km B1 / free | |

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|--------------|----------------|--------------|--------------|----------------|--------------|--------------|
| 08/13 | 08/14 | 08/15 | 08/16 | 08/17 | 08/18 | 08/19 |
| C2 x3 | 20km B2 | 20km B1 | 20km B2 | 20km B3 3x2k | 20km B1 | C2 x3 |
| | 15km B1 / free | | 20km B1 | 15km B1 / free | | 15km B1 |

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|--------------|--------------|--------------|--------------|----------------|---------------|--------------|
| 08/20 | 08/21 | 08/22 | 08/23 | 08/24 | 08/25 | 08/26 |
| 20km B1 | 20km B2 | 20km B1 | 20km B3 | 20km B1 | 20km B2 2x25' | 16km B4 |
| | 12km B6 | | | 15km B1 / free | | |

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|----------------|----------------|----------------|----------------|----------------|--------------|--------------|
| 08/27 | 08/28 | 08/29 | 08/30 | 08/31 | 09/01 | 09/02 |
| 16km B6 (6x10) | 16km B5 2x500m | 16km B6 (6x10) | 12km B5 1x500m | 2000m test | 15km B1 | FRA - POL |
| | 12km B1 | | 8km B1 | 15km B1 / free | | |

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|--------------|---------------|----------------|---------------|----------------|----------------|--------------|
| 09/03 | 09/04 | 09/05 | 09/06 | 09/07 | 09/08 | 09/09 |
| 16km B1 | 16km B2 2x20' | 16km B6 (6x10) | 15km B5 2x500 | 12km B6 (6x10) | 12km B5 1x500m | |
| | 12km B1 | | | | | |

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|------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 09/10 | 09/11 | 09/12 | 09/13 | 09/14 | 09/15 | 09/16 |
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| WC Plovdiv 2018 | | | | | | |

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|---|--------------|--------------|--------------|--------------|--------------|--------------|
| 09/17 | 09/18 | 09/19 | 09/20 | 09/21 | 09/22 | 09/23 |
| recovery / NO BOAT ! / other sports ok(B1&B2) / C1 ok | | | | | | |