

シニア 2022 3月 SBS

07/03	08/03	09/03	10/03	11/03	12/03	13/03
	60' B3 (3x2km)	60' B6 (6x10)	60' B4 2k	60' B6 (6x10)	B5 2x500m	60' B1
70' B1	B1 free		B1 free		B1 free	

14/03	15/03	16/03	17/03	18/03	19/03	20/03
B5 1x500m	2k TT	70' B1	90' B1	2x30' B2	60' B1+8x30s(2') C2 x3 (choice)	90' B1
free	2k TT			B1 free	60' B1	

21/03	22/03	23/03	24/03	25/03	26/03	27/03
60' B3 (3x2km)	60' B1+8x30s(2') C2 x3 (choice)	2x30' B2	90' B1	60' B1+8x30s(2') C2 x3 (choice)	2x30' B2	100' B1
	60' B1	B1 free		60' B1	B1 free	

28/03	29/03	30/03	31/03	01/04	02/04	03/04
2x30' B2	70' B1	60' B3 (2x2km)	60' B1	B4 2k	60' B1	60' B6 (6x10)
B1 free		B1 free		B1 free		free

04/04	05/04	06/04	07/04	08/04	09/04	10/04
B5 2x500m	50' B1	B5 1x500m	SBS			60' B1
free		free				

11/04	12/04	13/04	14/04	15/04	16/04	17/04
Seat Races		off	B1 free			