

シニア 2022 5月 WC2 Poznan menu

23/05	24/05	25/05	26/05	27/05	28/05	29/05
settings	45' B1	45' B1	45' B1	45' B1	20' B1 + Core	45' B1
	45' B1	60' B1	2x25' B2	C2 x3	90' B1	3x2k (sr24) + core
45' B1 free	45' B1 free	45' B1 free + core	off	60' B1	45' B1 + B6 (6x10)	off

30/05	31/05	01/06	02/06	03/06	04/06	05/06
45' B1	20' B1 + Core	45' B1	45' B1	45' B1	20' B1 + Core	45' B1
2x30' B2	C2 x3	90' B1	3x2k (sr24/24-26/26)	2x30' B2	C2 x3	90' B1
70' B1	60' B1	off	70' B1	45' B1 + B6 6x10	60' B1	off

06/06	07/06	08/06	09/06	10/06	11/06	12/06
45' B1	45' B1	45' B1	45' B1	20' B1	20' B1	B4 2k
90' B1	3x2k (sr24/24-26/26-28)	2x30' B2	C2 x3	90' B1	70' B1 + 6x10	
45' B1 + B6 6x10	off	70' B1	60' B1	core		B1 free

13/06	14/06	15/06	16/06	17/06	18/06	19/06
60' B6 (6x10)	B5 2x500m	FRA / POL	B5 1x500m			
	B1 free	12km B1	free	WC2 Poznan		