

Carole	RUN 1	RUN 2	RUN 3		RUN 4	RUN 5	RUN 6
CONFIRME	09.00 – 09.20	10.20 - 10.40	11.40 - 12.00	PAUSE	14.00 – 14.20	15.20 - 15.40	16.40 - 17.00
INTERMED	09.20 - 09.40	10.40 - 11.00	12.00 - 12.20	PAUSE	14.20 - 14.40	15.40 - 16.00	17.00 - 17.20
MOYEN	09.40 - 10.00	11.00 - 11.20	12.20 - 12.40	PAUSE	14.40 – 15.00	16.00 - 16.20	17.20- 17.40
DEBUTANT	10.00 - 10.20	11.20 - 11.40	12.40 - 13.00	PAUSE	15.00 - 15.20	16.20 - 16.40	17.40 - 18.00

Carole	RUN 1	RUN 2	RUN 3		RUN 4	RUN 5	RUN 6
CONFIRME	09.00 – 09.20	10.20 - 10.40	11.40 - 12.00	PAUSE	14.00 – 14.20	15.20 - 15.40	16.40 - 17.00
INTERMED	09.20 - 09.40	10.40 - 11.00	12.00 - 12.20	PAUSE	14.20 - 14.40	15.40 - 16.00	17.00 - 17.20
MOYEN	09.40 - 10.00	11.00 - 11.20	12.20 - 12.40	PAUSE	14.40 – 15.00	16.00 - 16.20	17.20- 17.40
DEBUTANT	10.00 - 10.20	11.20 - 11.40	12.40 - 13.00	PAUSE	15.00 - 15.20	16.20 - 16.40	17.40 - 18.00

Carole	RUN 1	RUN 2	RUN 3		RUN 4	RUN 5	RUN 6
CONFIRME	09.00 – 09.20	10.20 - 10.40	11.40 - 12.00	PAUSE	14.00 – 14.20	15.20 - 15.40	16.40 - 17.00
INTERMED	09.20 - 09.40	10.40 - 11.00	12.00 - 12.20	PAUSE	14.20 - 14.40	15.40 - 16.00	17.00 - 17.20
MOYEN	09.40 - 10.00	11.00 - 11.20	12.20 - 12.40	PAUSE	14.40 – 15.00	16.00 - 16.20	17.20- 17.40
DEBUTANT	10.00 - 10.20	11.20 - 11.40	12.40 - 13.00	PAUSE	15.00 - 15.20	16.20 - 16.40	17.40 - 18.00