



3 000 mètres

Lieu de la compétition:

Date

Pointeur:

| Nbre de tours | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
|------------------|----------|----------|----------|----------|----------|----------|----------|---------------|
| à faire | 6 | 5 | 4 | 3 | 2 | 1 | 0 | CHRONO |
| Distance faite | 600 | 1000 | 1400 | 1800 | 2200 | 2600 | 3000 | |
| Distance à faire | 2400 | 2000 | 1600 | 1200 | 800 | 400 | 0 | |
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
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| 30 | | | | | | | | |