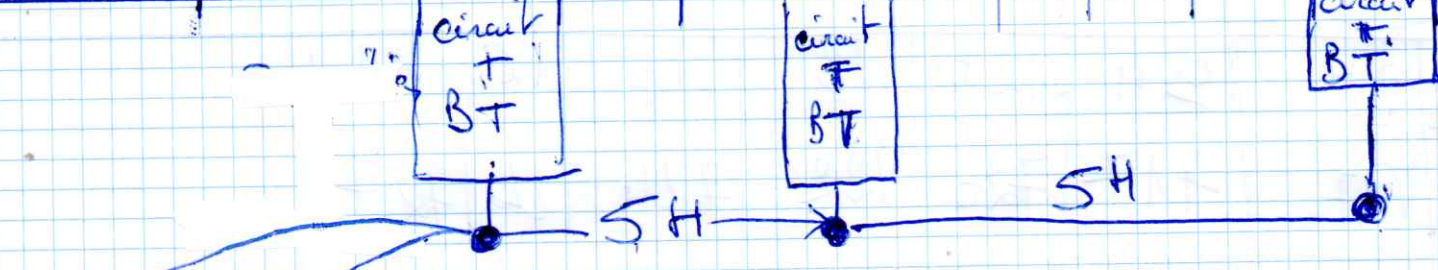


Relevé

Départ 6H → Jusqu'à 22^h 30'

17H	6H	7H	8	9	12	13	14	15	16	17
KG	712	715	717	717	720	722	724	724	724	727
	+7Kg	+3	+2	0	+3	+2	+2	0	0	+3
	6° ext	7°	7°	7,5°	8°	8°	8°	8°	8°	7,5°

Total
22Kg



La veille
21h

1 Demande
5H auparavant.

2H du matin.

Total / jour BT + Circuit
5 cycles = #