

DIMANCHE

FINALE



EQUIPE: _____

HEAT: ____

JUGE: _____

FOR TIME - FREEZE

35 KB SWING US SYNCHRO

35

21 SQUAT SYNCHRO

56

9 ROPE CLIMB

65

15 SQUAT SYNCHRO

80

6 LEGLESS ROPE CLIMB

86

9 SQUAT SYNCHRO

95

3 SEATED LEGLESS ROPE CLIMB

98

SCORE:

TIME OU
NOMBRE DE
REP AU
FREEZE

SIGNATURE

A
P
O
G
E
E