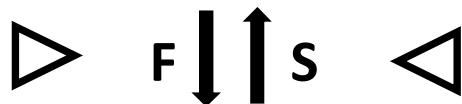
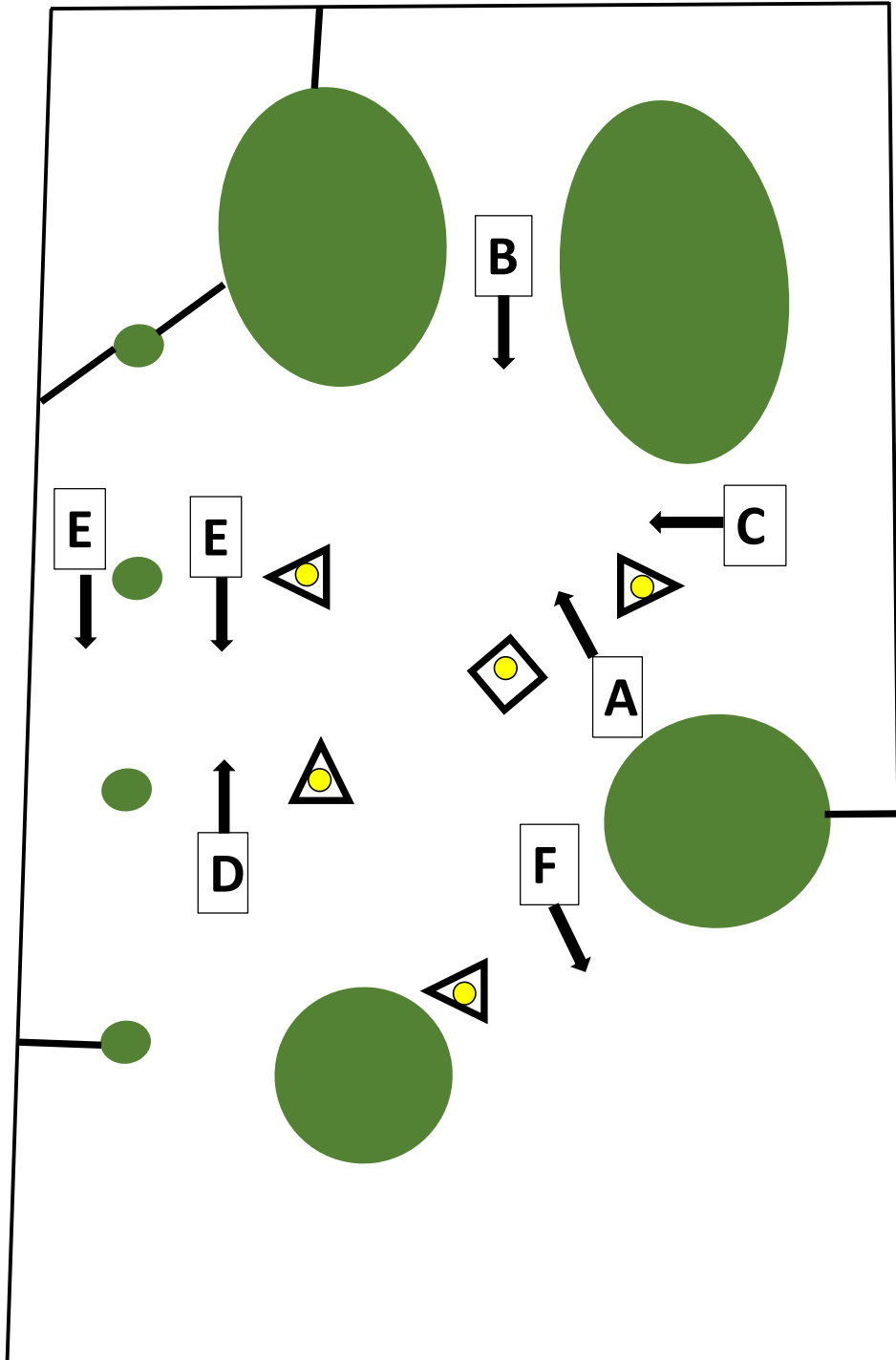


Naam:

Tijd:

# H – 1 Twistvliet

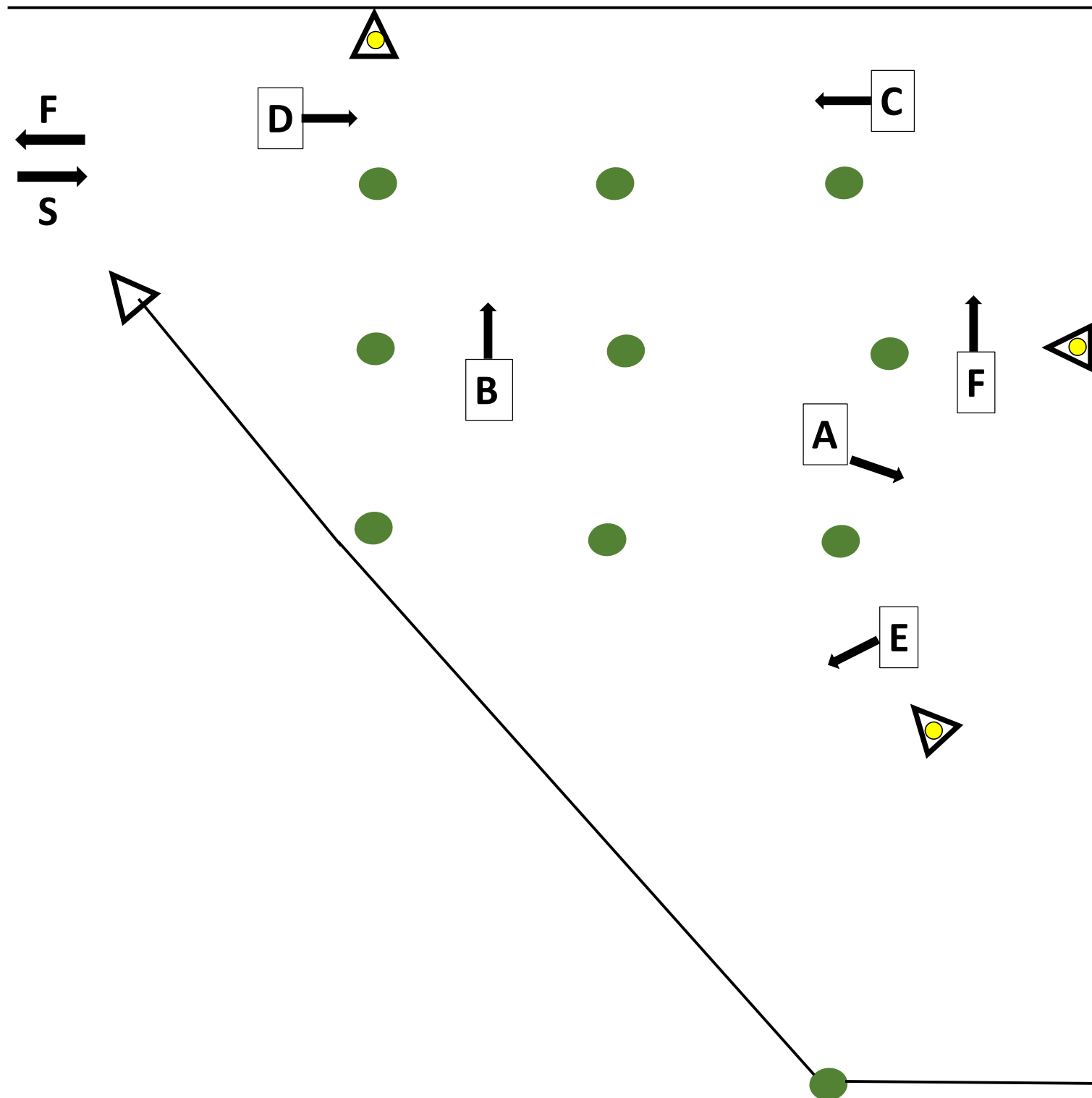


● Afrijdbaar element

Naam:

Tijd:

## H – 2 Twistvliet

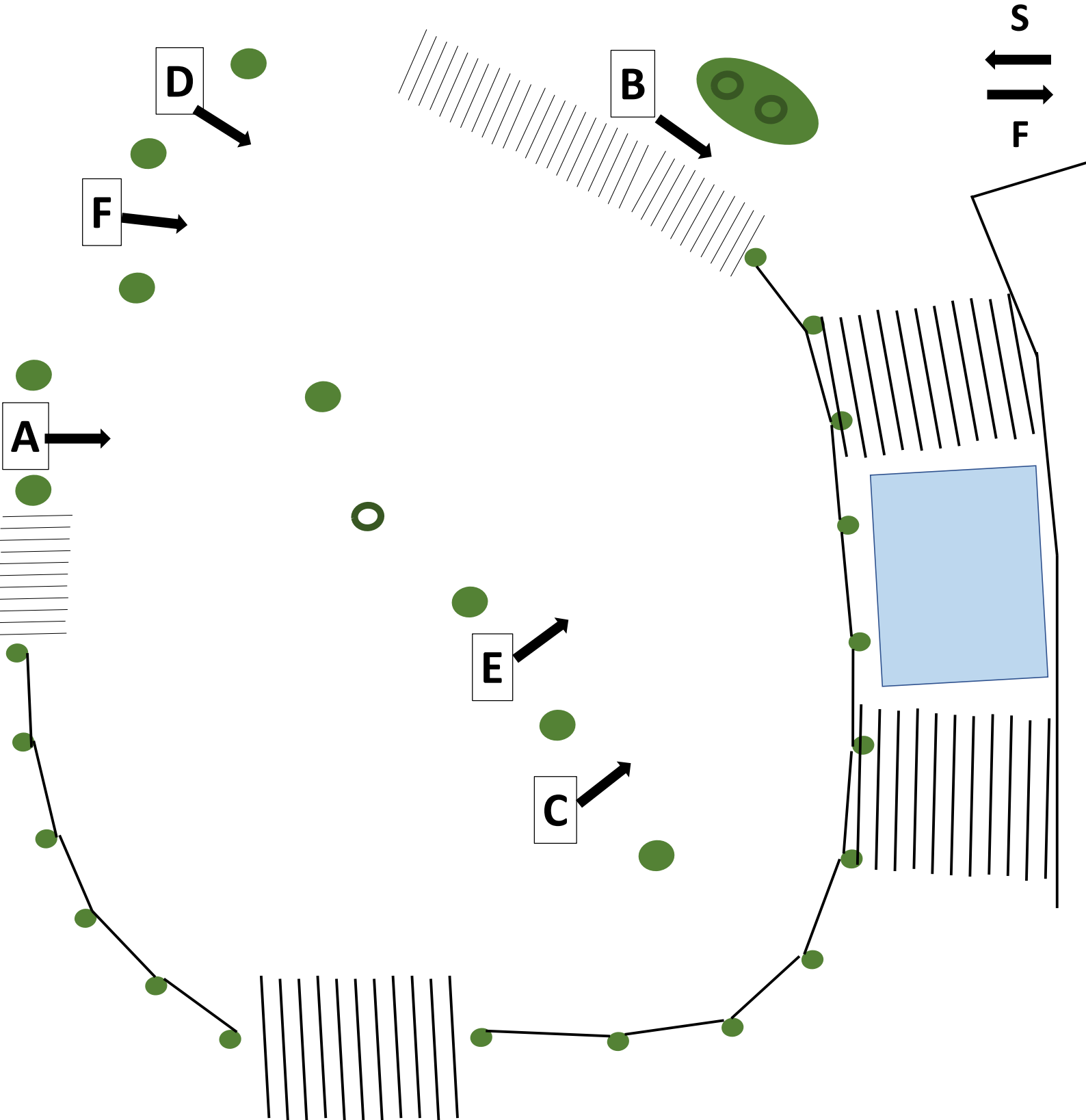


● Afrijdbaar element

Naam:

Tijd:

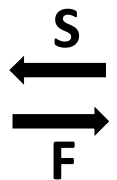
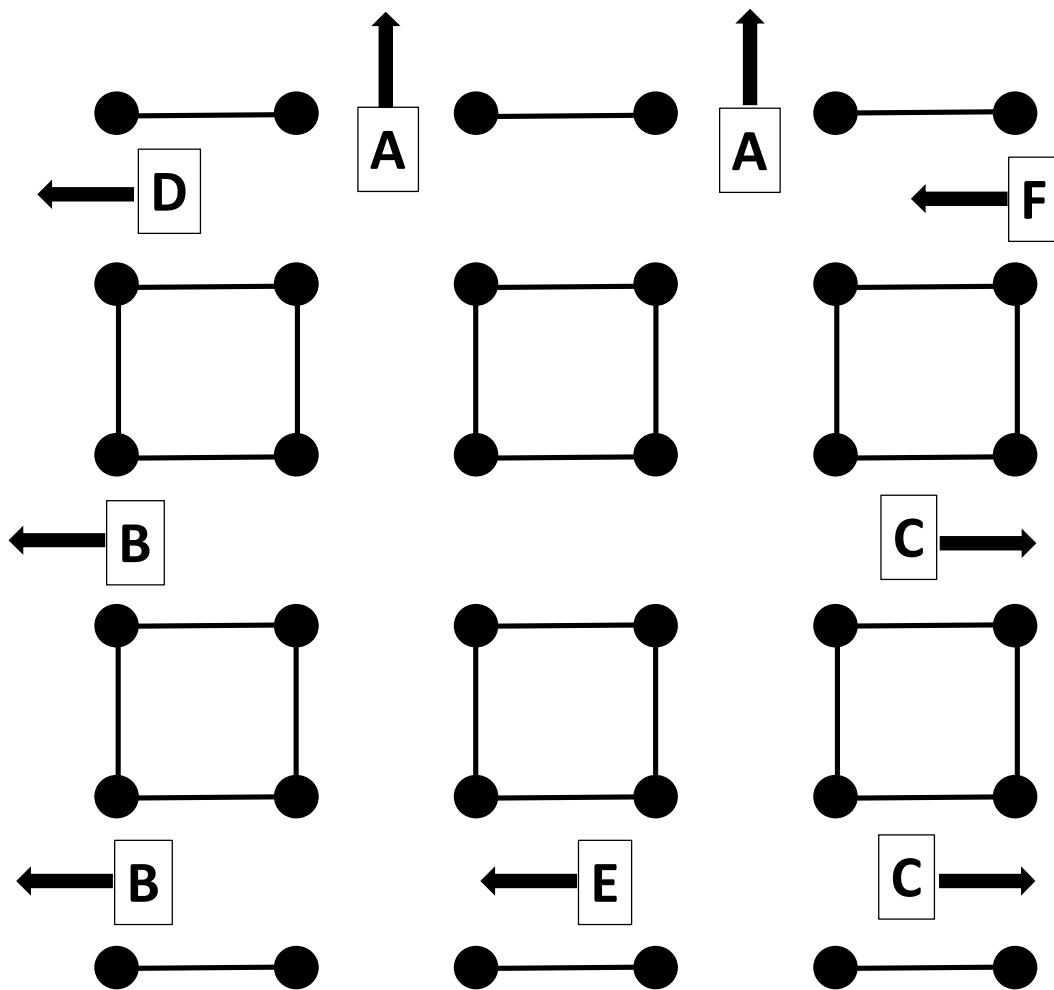
# H – 3 Twistvliet



Naam:

Tijd:

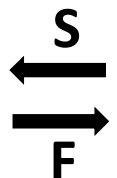
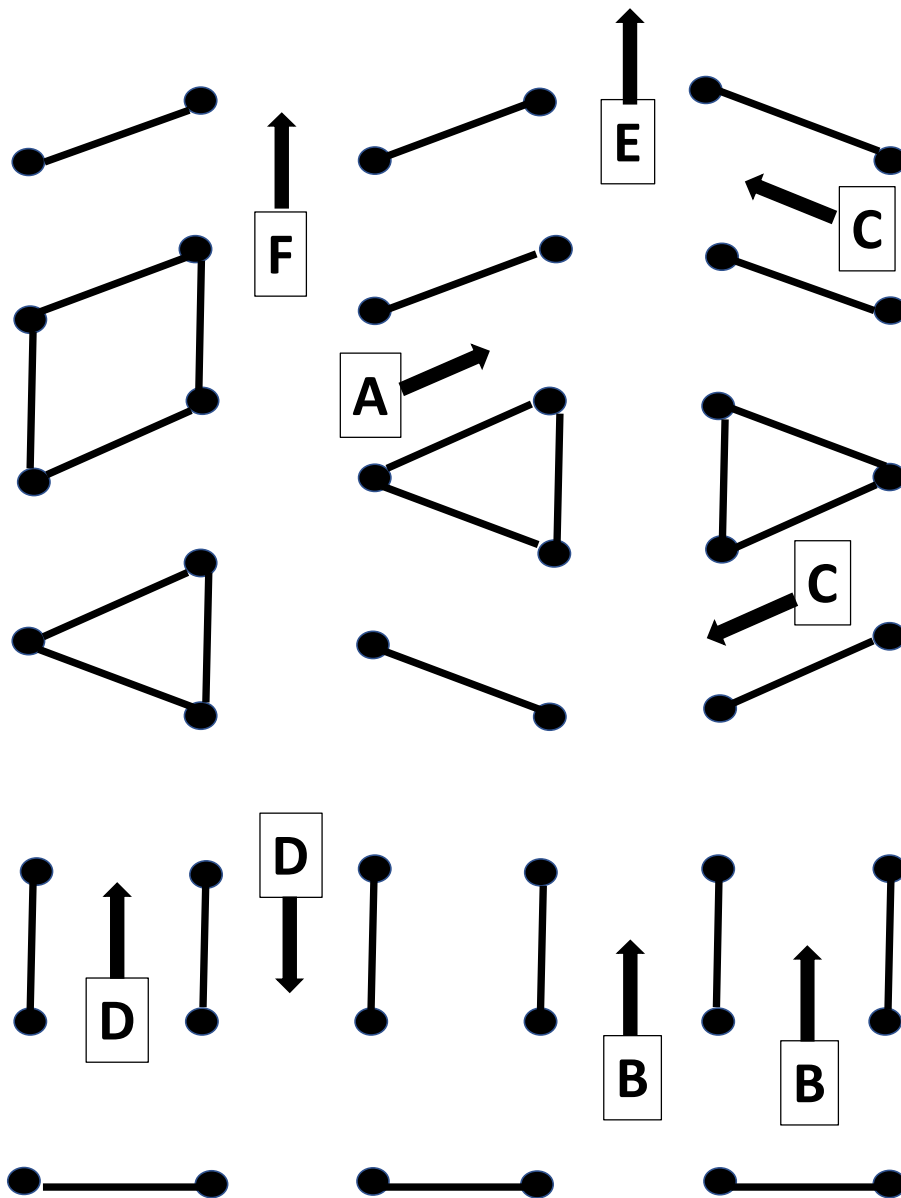
## H – 4 Twistvliet



Naam:

Tijd:

# H - 5 Twistvliet



Rubriek	Toegestane tijd	Tempo	Parcourslengte
1-Po	s	240 m/min	m
2-Po	s	230 m/min	m
4-Po	s	220 m/min	m
1-Pa	s	240 m/min	m
2-Pa	s	220 m/min	m
4-Pa	s	210 m/min	m
Trkp/Jonge P	s	210 m/min	m

# Vaardigheid Twistvliet 23 sept 2023

