

Achlean autumn training 08						
▷	S	/				
	103	☉			☉	
	104	⊙				
	107	▲			☉	
	109	∩				
	162	☉				
	163	∩	—			
	164	→	∩	—		
	165	∩	—			
	173	▲▲			☉	
	174	↑	○		☉	
	177	☉				
	178	☉				
	181	●			☉	
	184	☉				
	186	☉				
	187	○			☉	
	192	⊙			☉	
	193	☉				
	194	○			☉	
	195	↗	☉			
		○	<	500 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Course 1		4.3 km	80m			
1	162	☉				
2	103	☉			☉	
3	165	∩	—			
4	109	∩				
5	164	→	∩	—		
6	104	⊙				
7	163	∩	—			
8	107	▲			☉	
		○	<	500 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Clusters		5.0 km				
1	162	☉				
2	178	☉				
3	186	☉				
4	195	↗	☉			
5	103	☉			☉	
6	165	∩	—			
7	177	☉				
8	193	☉				
9	184	☉				
10	109	∩				
11	173	▲▲			☉	
12	164	→	∩	—		
13	194	○			☉	
14	187	○			☉	
15	104	⊙				
16	181	●			☉	
17	174	↑	○		☉	
18	192	⊙			☉	
19	163	∩	—			
20	107	▲			☉	
		○	<	500 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Course 1R		4.4 km	80m			
1	107	▲			☉	
2	163	∩	—			
3	104	⊙				
4	164	→	∩	—		
5	109	∩				
6	165	∩	—			
7	103	☉			☉	
8	162	☉				
		○	<	300 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Course 2		4.5 km	80m			
1	178	☉				
2	103	☉			☉	
3	177	☉				
4	109	∩				
5	173	▲▲			☉	
6	104	⊙				
7	174	↑	○		☉	
8	107	▲			☉	
		○	<	500 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Course 2R		4.6 km	80m			
1	107	▲			☉	
2	174	↑	○		☉	
3	104	⊙				
4	173	▲▲			☉	
5	109	∩				
6	177	☉				
7	103	☉			☉	
8	178	☉				
		○	<	450 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08						
▷		/				
Course 3		4.5 km	80m			
1	186	☉				
2	103	☉			☉	
3	184	☉				
4	109	∩				
5	187	○			☉	
6	104	⊙				
7	181	●			☉	
8	107	▲			☉	
		○	<	500 m	>	◎

www.condes.net 8.1.9 MAROC

Achlean autumn training 08					
Course 3R		4.6 km		80m	
▷		/			
1	107	▲		○	
2	181	●		○	
3	104	⊙			
4	187	○		○	
5	109	∩			
6	184	⊖			
7	103	⊖		○	
8	186	⊖			
○ <		400 m		> ⊙	

www.condes.net 8.1.9 MAROC

Achlean autumn training 08					
Course 4		4.4 km		70m	
▷		/			
1	195	↗	⊖		
2	103	⊖		○	
3	193	⊖			
4	109	∩			
5	194	○		○	
6	104	⊙			
7	192	⊙		○	
8	107	▲		○	
○ <		500 m		> ⊙	

www.condes.net 8.1.9 MAROC

Achlean autumn training 08					
Course 4R		4.5 km		70m	
▷		/			
1	107	▲		○	
2	192	⊙		○	
3	104	⊙			
4	194	○		○	
5	109	∩			
6	193	⊖			
7	103	⊖		○	
8	195	↗	⊖		
○ <		325 m		> ⊙	

www.condes.net 8.1.9 MAROC

Achlean autumn training 08					
Long clusters		6.1 km			
▷		/			
1	162	⊖			
2	178	⊖			
3	186	⊖			
4	195	↗	⊖		
5	107	▲		○	
6	109	∩			
7	173	▲▲		○	
8	194	○		○	
9	164	→ ∩	—		
10	187	○		○	
11	104	⊙			
12	181	●		○	
13	174	↑	○	○	
14	192	⊙		○	
15	163	∩	—		
16	184	⊖			
17	193	⊖			
18	177	⊖			
19	165	∩	—		
20	103	⊖		○	
○ <		450 m		> ⊙	

www.condes.net 8.1.9 MAROC

Achlean autumn training 08					
Medium		3.6 km			
▷		/			
1	162	⊖			
2	103	⊖		○	
3	184	⊖			
4	173	▲▲		○	
5	181	●		○	
6	163	∩	—		
7	107	▲		○	
○ <		500 m		> ⊙	

www.condes.net 8.1.9 MAROC