

Spé Cross - nature

Footing 28'

+ acc. **10'** * *al. Cross (environ 85%vma)*

R=2' footing

+ acc. **5** * **x2'** (*vers 90% vma*) r=1' trot

R=2' footing

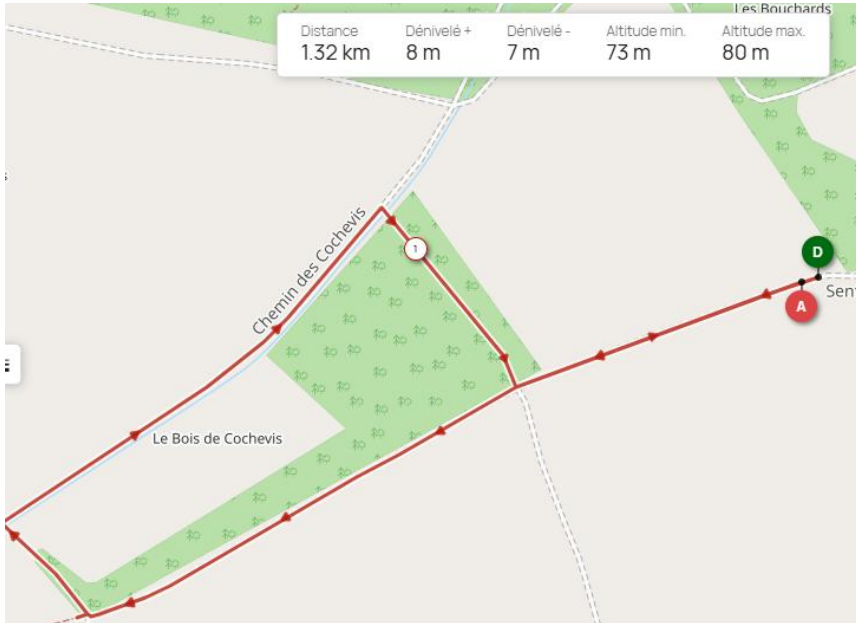
+ acc. **5'** * *al. Cross (environ 85%vma)*

R=2' footing

+ acc. **5** * **x1'** (*vers 95% vma*) r=30" trot

+ ra 8' (***S-M/F 6'-3x2'-4'-4x1'**)

01:15:00



<https://www.openrunner.com/route-details/23188970>