

Portion n°	CAP / Natation	Distance
1	Course	165 m
2	Natation	60 m
3	Course	331 m
4	Natation	43 m
5	Course	338 m
6	Natation	31 m
7	Course	2600 m
8	Natation	103 m
9	Course	2800 m
10	Natation	82 m
11	Course	579 m
12	Natation	78 m
13	Course	258 m
14	Natation	107 m
15	Course	133 m
16	Natation	84 m
17	Course	587 m
18	Natation	52 m
19	Course	379 m
20	Natation	89 m
21	Course	389 m
22	Natation	75 m
23	Course	678 m
24	Natation	52 m
25	Course	517 m
26	Natation	143 m
27	Course	254 m
28	Natation	70 m