CURS 2009-2010

Trail-Running SABS (octubre)

DIA	HORA	RUNNING	RUTA	KM	KM. TOTAL
1	2/4 9	10		10	10
8	2/4 9	10		10	20
13	2/4 9	10		10	30
18	2/4 8 matí		12	12	42
22	2/4 9	10		10	52
27	2/4 9	10		10	62
			TOTAL		62

Trail-Running SABS (novembre)

DIA	HORA	RUNNING	RUTA	KM	KM. TOTAL
5	2/4 9	10		10	10
10	2/4 9	10		10	20
19	2/4 9	10		10	30
24	2/4 9	10		10	40
29	2/4 8 matí		26	26	66
			TOTAL		66

Trail-Running SABS (desembre)

DIA	HORA	RUNNING	RUTA	KM	KM. TOTAL
1	2/4 9	9		9	9
3	8	9		9	18
9	2/4 9	14		14	32
11	2/48	14		14	46
13	7 MATÍ		28	28	74
15	2/4 9	14		14	88
17	8	18		18	106
			TOTAL		106

Trail-Running SABS (gener)

DIA	HORA	RUNNING	RUTA	KM	KM. TOTAL

Trail-Running SABS (febrer)

DIA	HORA	RUNNING	RUTA	KM	KM. TOTAL