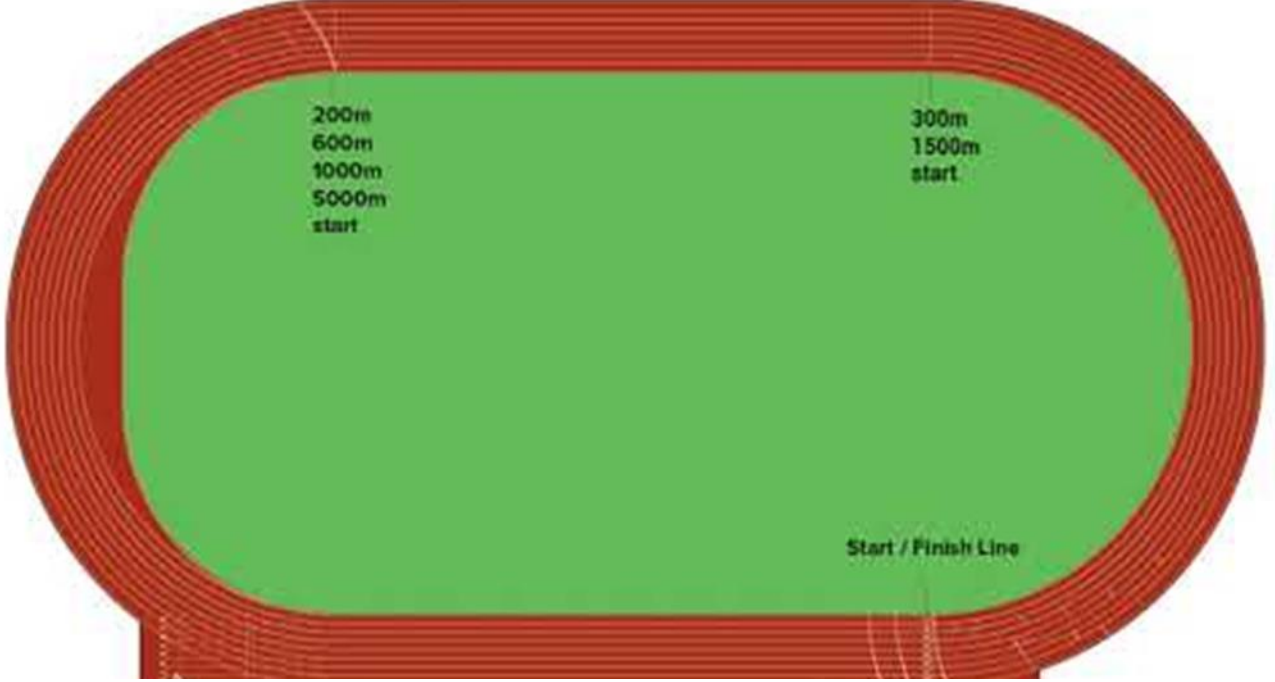


KOŞU SAHA UYGULAMA ŞEMASI



9-11	}	1000M
12-13		
14-15		
16-17	→	1500M
18-19	}	3000M
PARATRIATLON		
20+	→	5000M