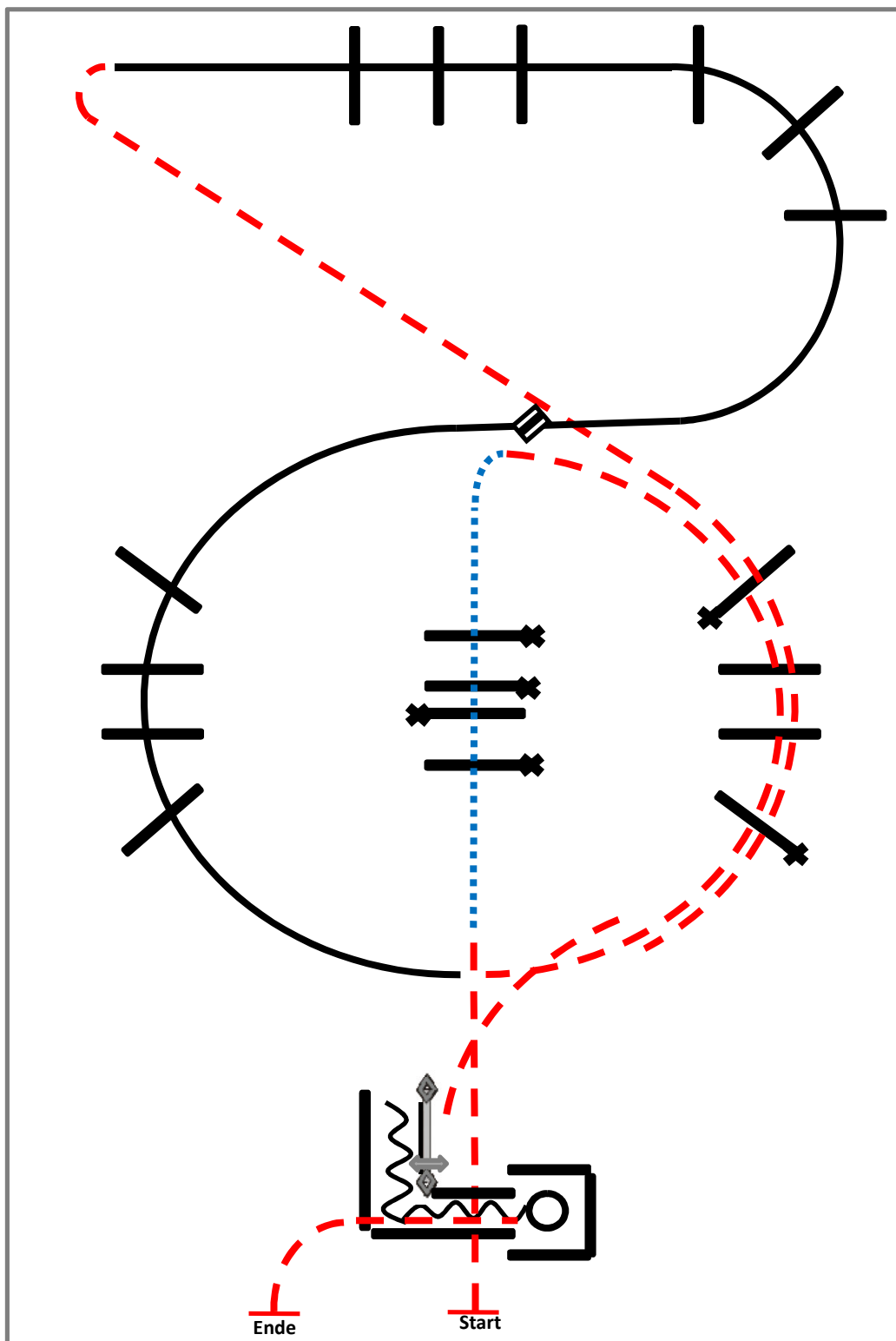


Qualifikationspattern TH 2017 #3: LK 1/2 A/B sen. (Empfohlen für Hallen oder Plätze 20x40m)



- 1) Jog over.
- 2) Walk over.
- 3) Jog over.
- 4) Lope over, lead change.
- 5) Lope over.
- 6) Jog over.
- 7) Ropegate with pole.
- 8) Back up.
- 9) Box 360 (r.o.l.), jog out, stop.

