

Master sheet Tricks Indledende

2 **Thiel Sila** *AAVK 45+ F

1 SKI		1 SKI	
WO	150	TWB	150
WB	80	TWF	150
WF	80	B	
B	60	WBB	150
F	60	R	1x not credit 150
R	60	F	
BB	90	S	
R	90		
F			
5B	110		
F			
O	90		
R	90		
S	40		
TIME			
R			
First pass :	1000	Second pass :	600
		Total :	1600