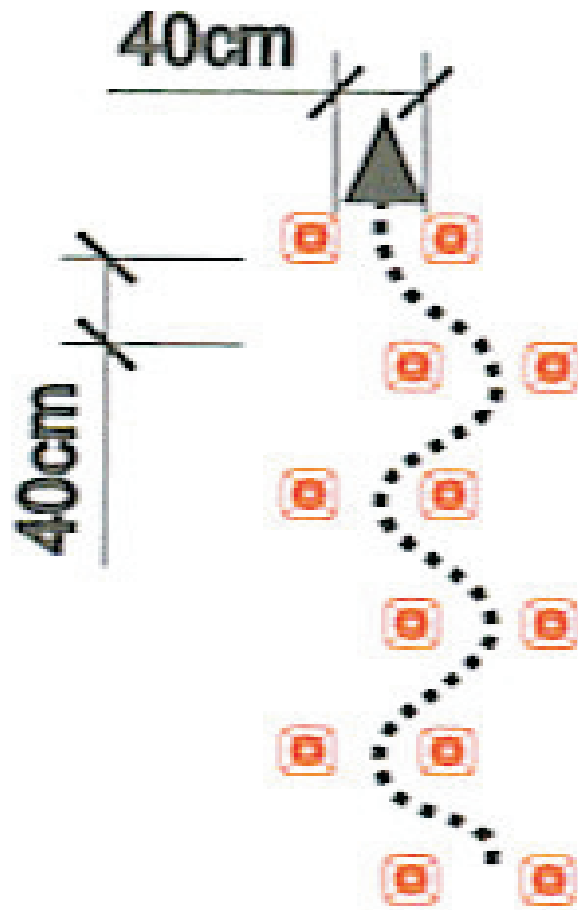


Distância aconselhada entre cada Obstáculo é entre 5 a 10 metros



1	Esquema de Destreza	2012
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Colocar
Bandeira



Retirar
Bandeira

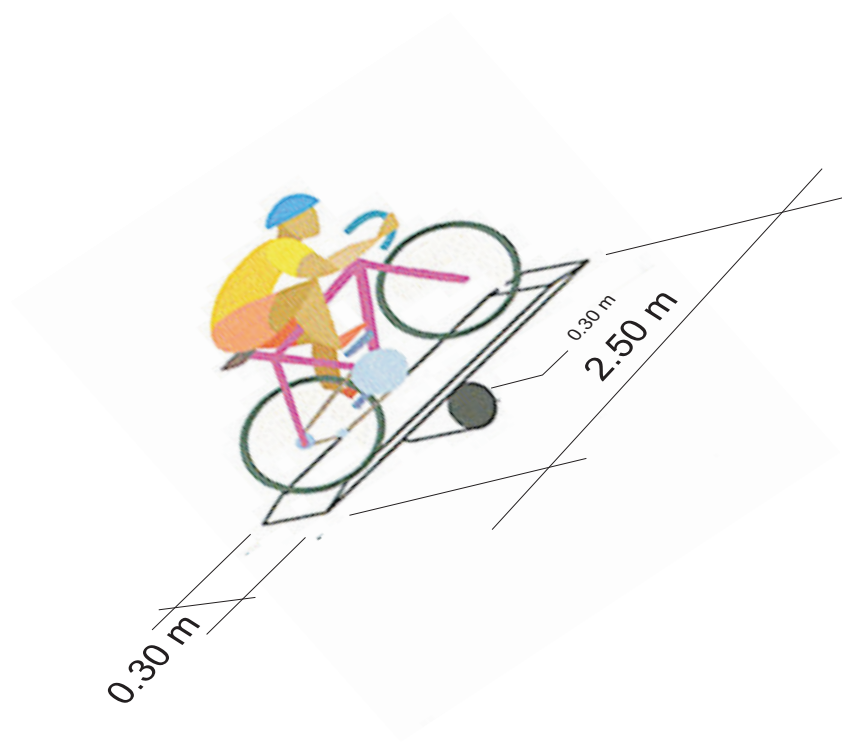


2

Esquema de Destreza

2012

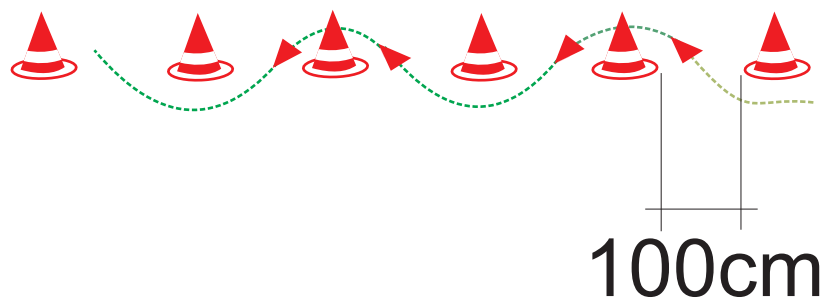
DEPARTAMENTO DE CICLISMO DE INICIAÇÃO

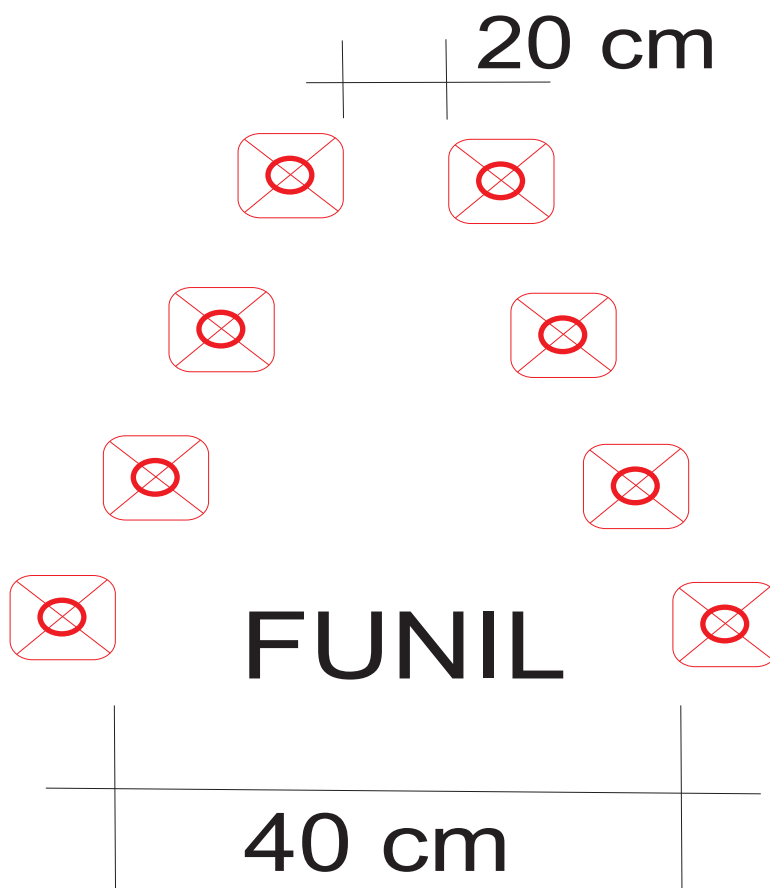


3	Esquema de Destreza	2012
	DEPARTAMENTO DE CICLISMO DE INICIAÇÃO	



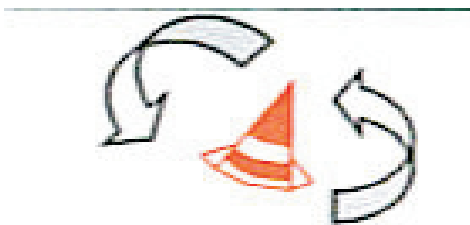
Contornar Pinos



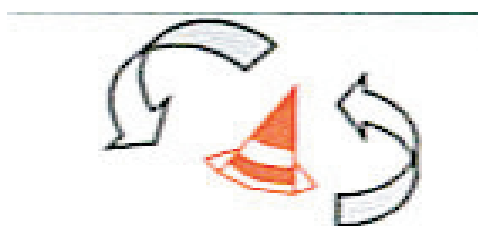




3 Voltas



2 Voltas

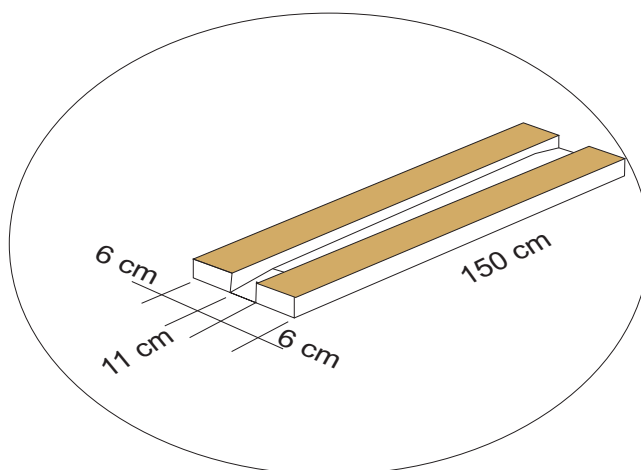
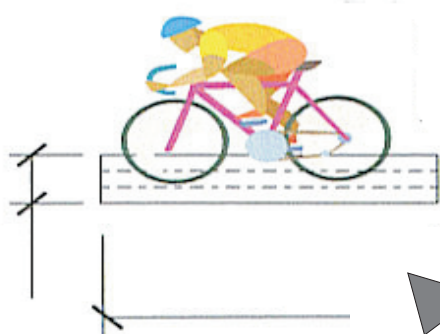


1 Volta





Tábua de Equilíbrio

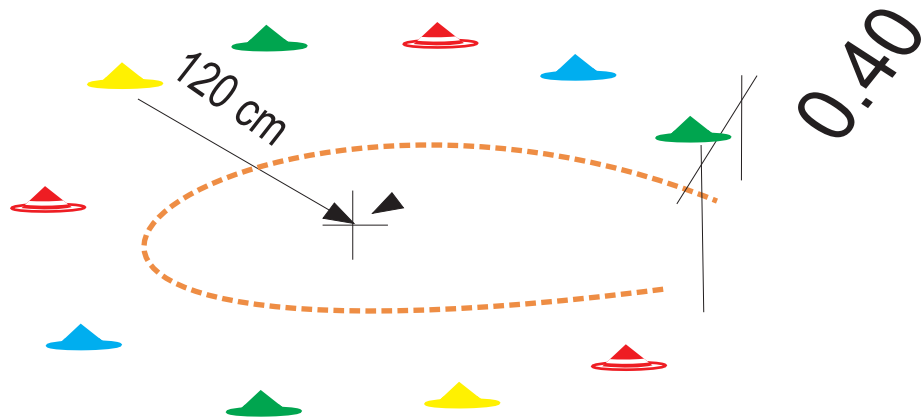


7

Esquema de Destreza

2012

DEPARTAMENTO DE CICLISMO DE INICIAÇÃO

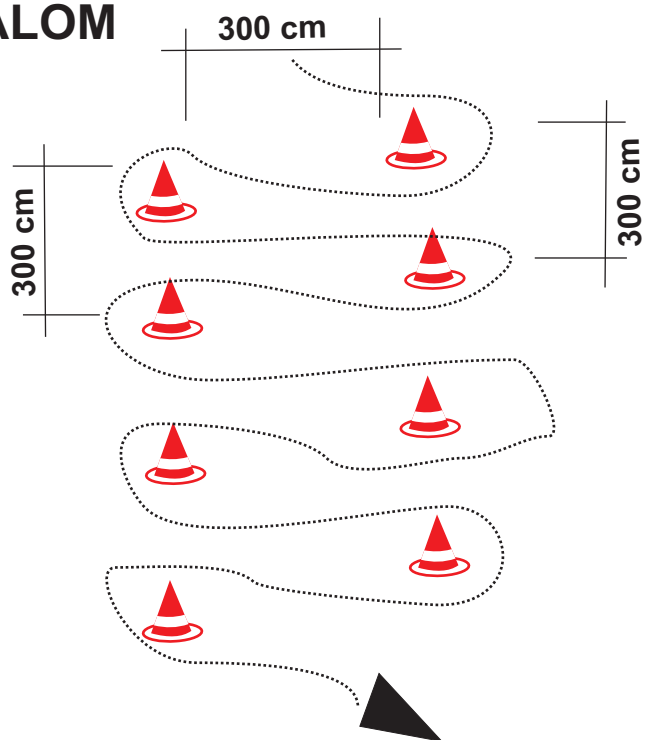


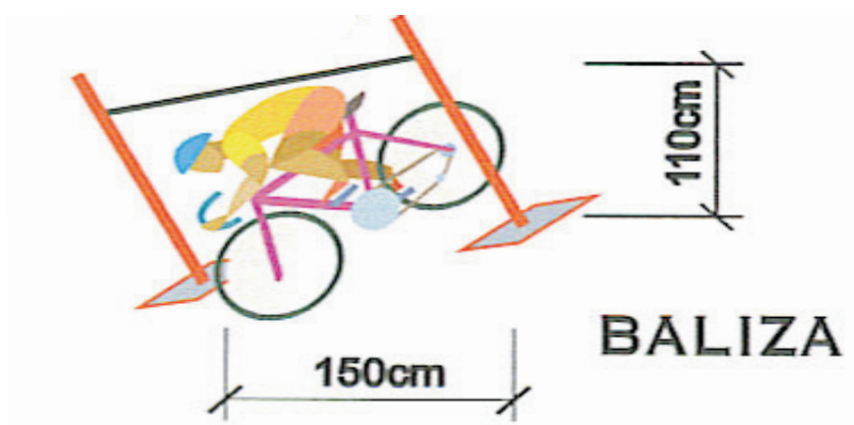
Roda

8	Esquema de Destreza	2012
	DEPARTAMENTO DE CICLISMO DE INICIAÇÃO	



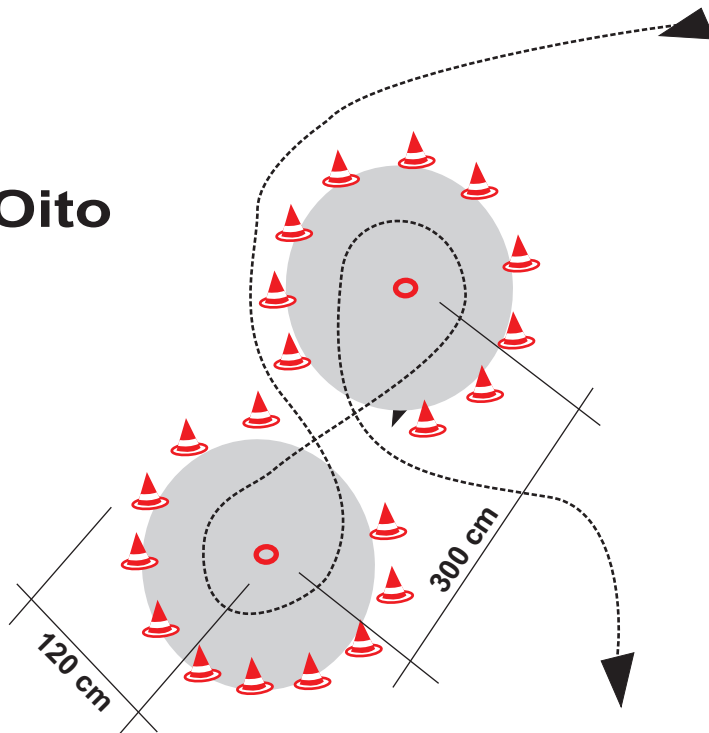
SLALOM





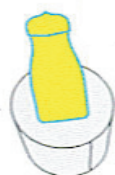


Oito

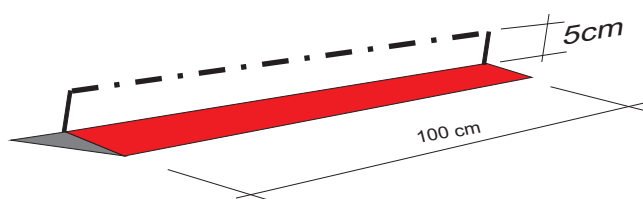




**Apanhar
Bidon**



**Colocar
Bidon**



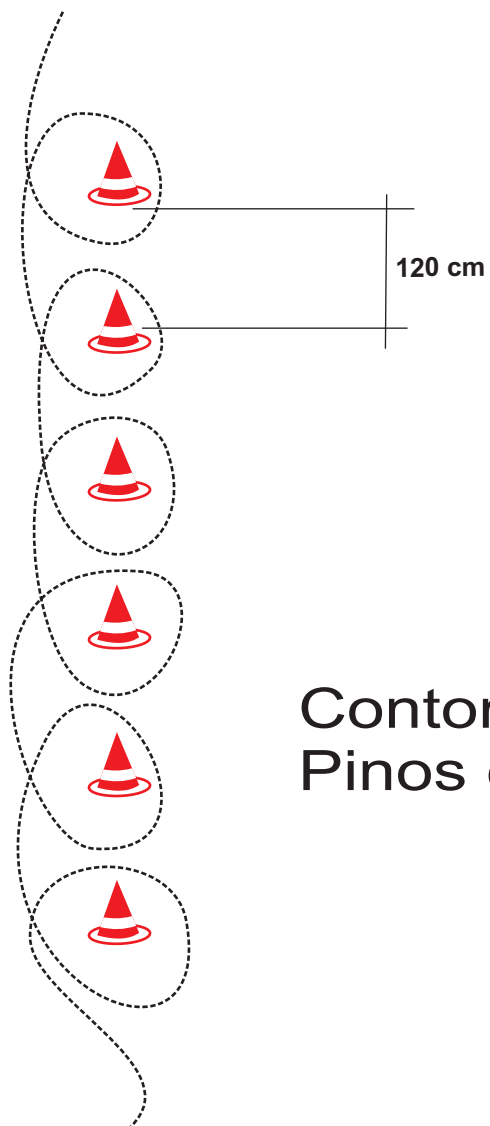
Saltar Elástico

13

Esquema de Destreza

2012

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Contornar Pinos completo