

1. There,

No image

Scoring	Points	Par-time	90.00 sec
Info	6 pts & 10 rounds	Par-time factor	0.04 pts/sec
CoF			
Target-info	R40, 300 meter		
Equipment			
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

## 2. With your boots on

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Scoring	Points	Par-time	90.00 sec
Info	8 pts & 10 rounds	Par-time factor	0.04 pts/sec
CoF			
Target-info	R40, R30 @ 300 meter		
Equipment			
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

3. upp, ner, upp, ner

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Scoring	Points	Par-time	90.00 sec
Info	8 pts & 10 rounds	Par-time factor	0.04 pts/sec
CoF			
Target-info	R30, R40 300 meter		
Equipment			
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

## 4. And back again

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Scoring	Points	Par-time	90.00 sec
Info	7 pts & 10 rounds	Par-time factor	0.04 pts/sec
CoF			
Target-info	R30		
Equipment			
Penalties	As per current edition of rules		
Safety	L/R		
Setup			