

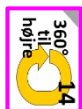
# Champion 1

# Paul Lysholdt

14.07.2024



4



5



6



7



8



3



17



18



2



9



2



H 16



10



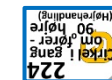
1



H 15



H 12



H 11



V



H 14



H 13

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	44	45	47	6	14	15	48	3	129	228	224	127	222	321	326	324	302	323		

# Champion 2

# Paul Lysholdt

14.07.2024



H 4



H 5



H 6



H 7



H 8



H 3



17



18



2



H 9



H 2



16



H 10



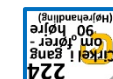
H 1



15



12



H 11



14



13



H

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	44	45	47	3	15	14	48	6	129	104	224	226	221	321	326	300	302	325		

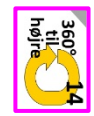
# Begynder 1

Paul Lysholdt

14.07.2024



4



5



6



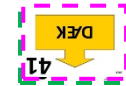
7



8



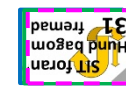
3



9



2



10



1



13



2



12



11



1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	44	24	47	3	14	15	48	6	41	31	16	43	18							

# Begynder 2

Paul Lysholdt

14.07.2024



4



5



6



7



8



3



9



2



10



1



13



2



12



11

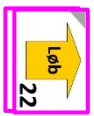


1

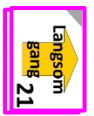
Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	24	46	25	6	22	21	23	3	40	34	16	35	20							



4



5



6



7



8



3



2



9



2



10



1



14



H 15



13



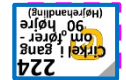
H 16



H 12



2



H 11

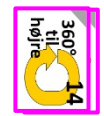


1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	221	46	32	6	22	21	23	3	129	228	224	127	226	124	231	222				



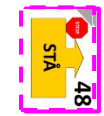
4



5



6



7



8



3



2



9



2



10



1



14



15



13



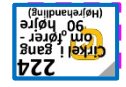
16



12



2



11



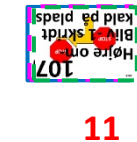
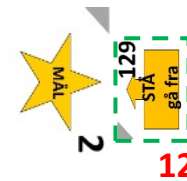
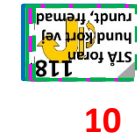
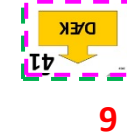
1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	219	45	32	3	14	15	48	6	130	228	224	220	123	19	126	233				

# Øvet 1

Paul Lysholdt

14.07.2024



Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	44	116	47	3	14	15	48	6	41	118	107	129	104	18	34					

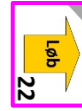
# Øvet 2

Paul Lysholdt

14.07.2024



4



5



6



7



8



3



9



2



10



1



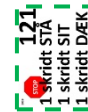
13



14



2



12



11



1

Skilt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	24	126	32	6	22	21	23	3	40	125	105	121	124	42						