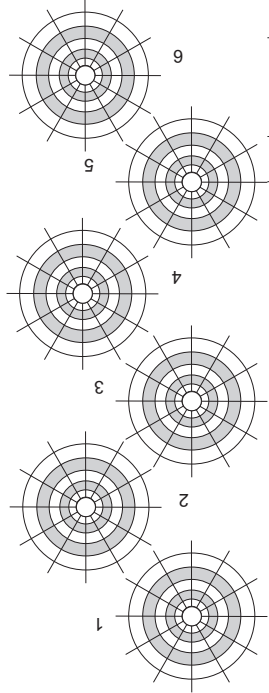


# AGRUPACIONES



Total	
6	
5	
4	
3	
2	
1	
Fecha:	
Dist:	

Notas:

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Total	
12	
11	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
Fecha:	
Dist:	

Total	
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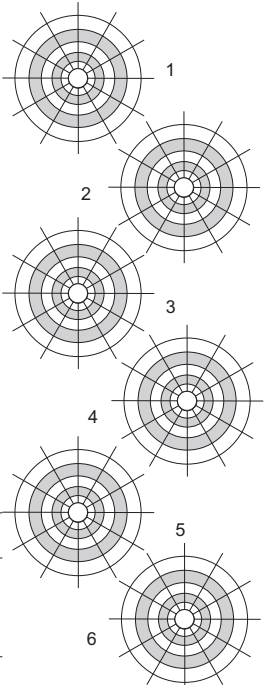
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Fecha:	
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Total	
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Total	
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Fecha:	Dist:	
1		
2		
3		
4		
5		
6		
Total		



# AGRUPACIONES

Notas:

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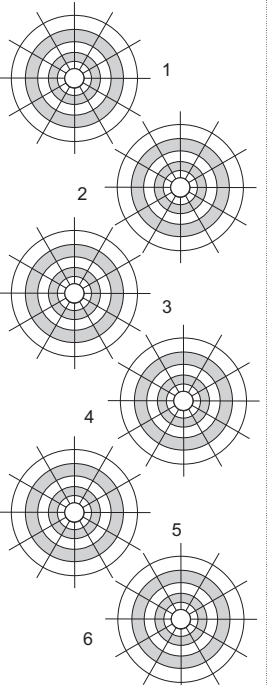
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Fecha:	Dist:	
1		
2		
3		
4		
5		
6		
Total		



# AGRUPACIONES

Notas:

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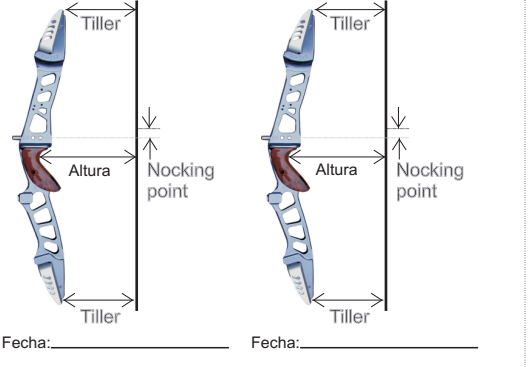
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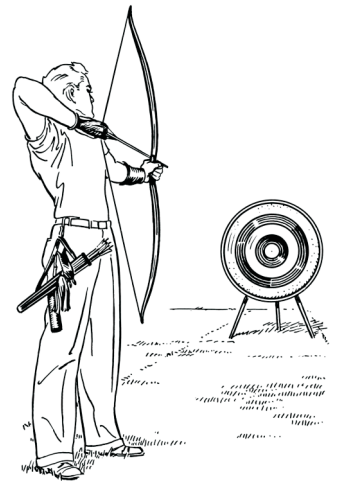
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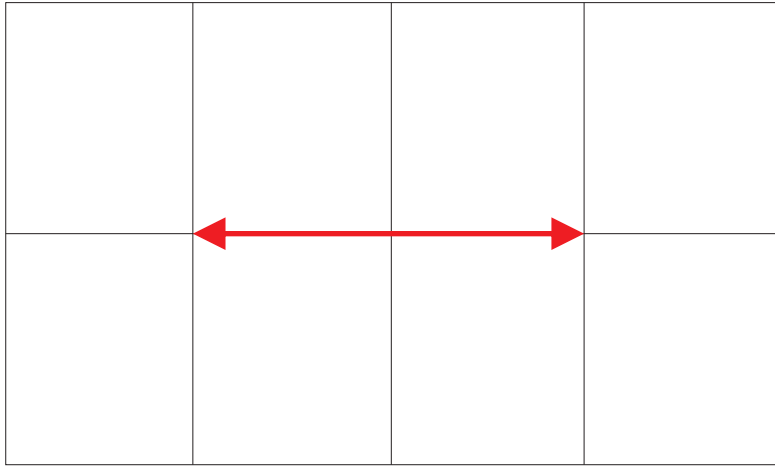


Posición de la mira	Distancia			
	1	2	3	4
7				
6				
5				
4				
3				
2				
1				

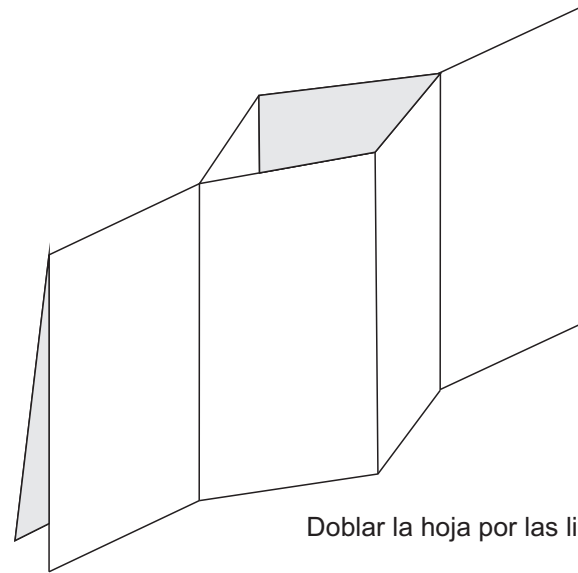
ricardoruiz@colombia.com



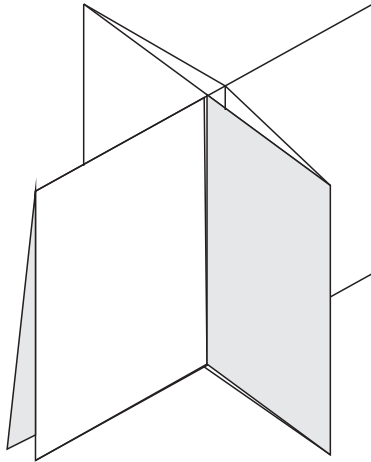
# DIARIO DE ENTRENAMIENTO



Cortar la hoja por la marca central



Doblar la hoja por las líneas punteadas



Diario de entrenamiento listo y de tamaño apropiado para el bolsillo del carcaj