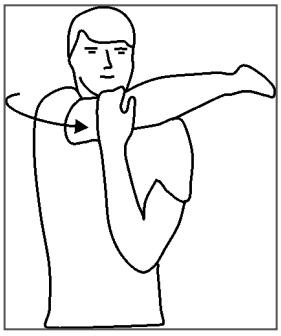
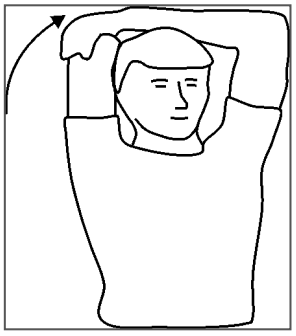
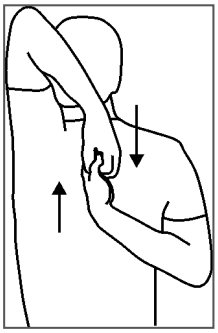
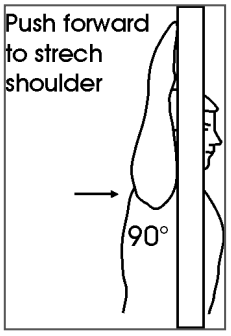
Etirements du skieur de fond

Haut du corps

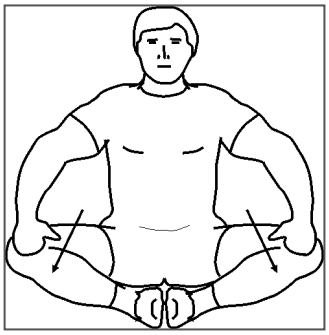


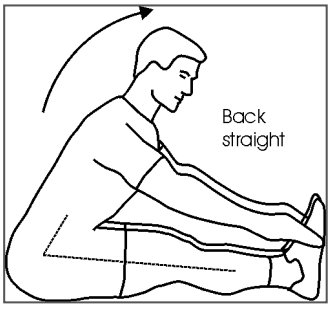


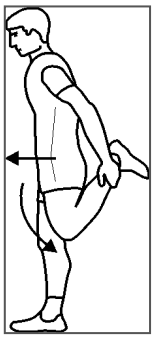


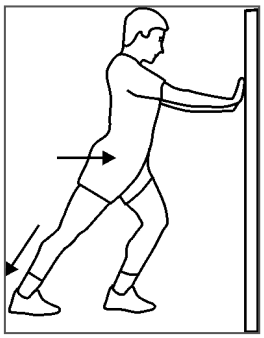


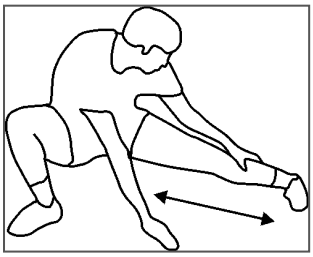
Bas du corps

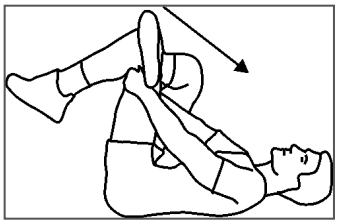
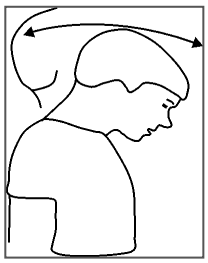
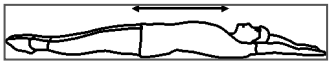
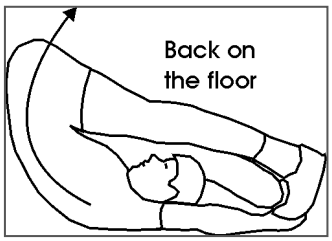
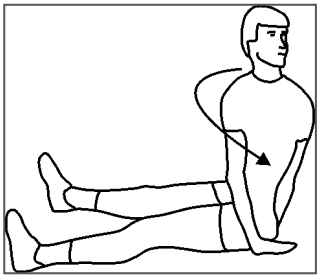
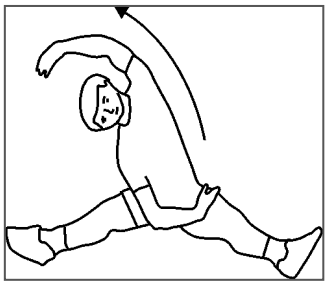
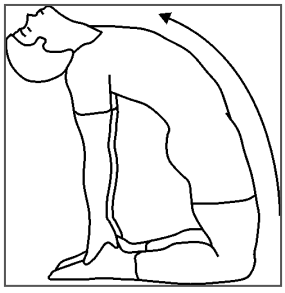
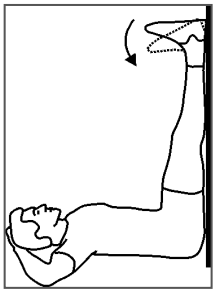












Général