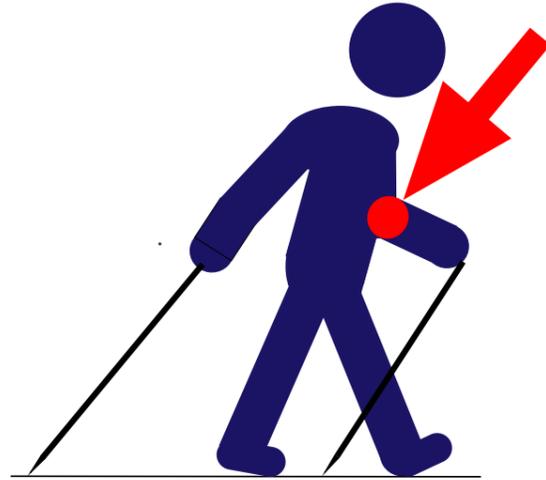
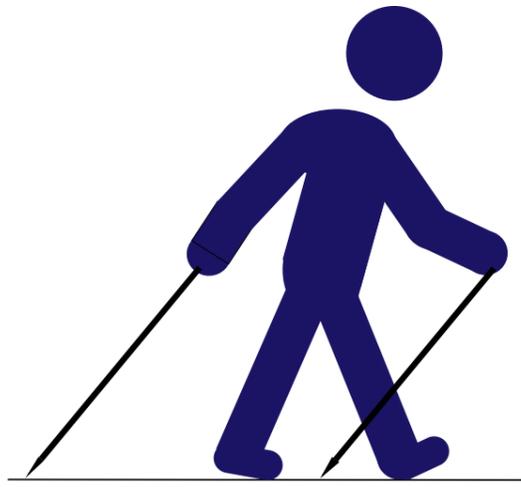


Règlement Marche Nordique Compétition

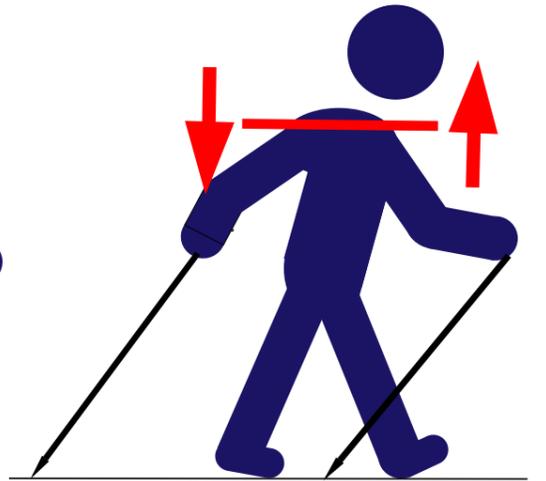
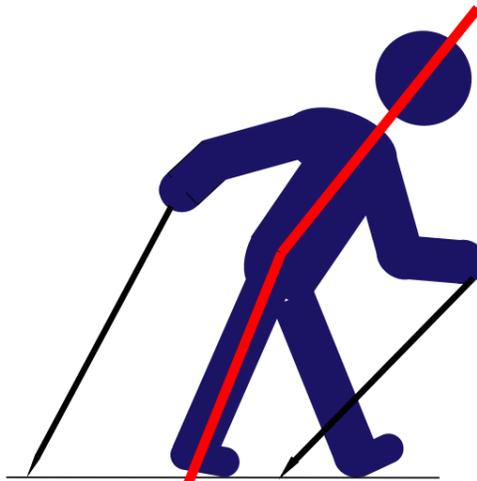
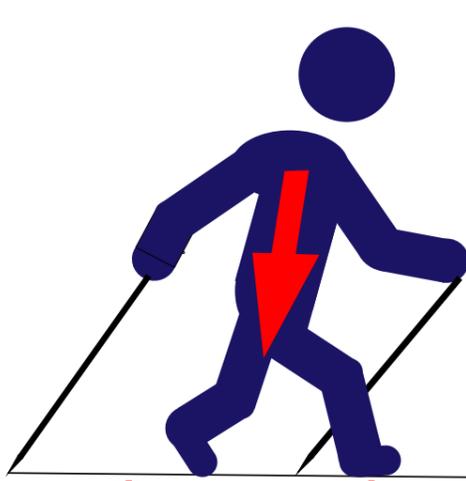
Application 1er septembre 2023



Poussée avant

Poussée arrière

POUSSÉE



Abaissement du centre de gravité

Alignement articulaire

Oscillation des épaules

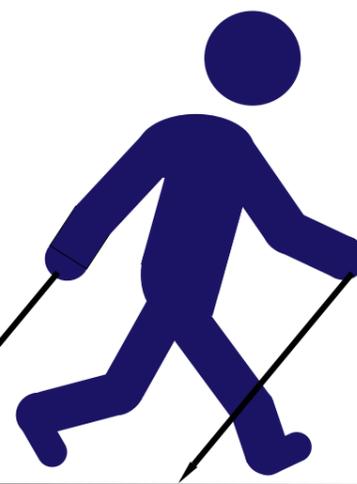


ALIGNEMENT



Pas glissé

Marche athlétique



Comportement anti-sportif

Pas de course

