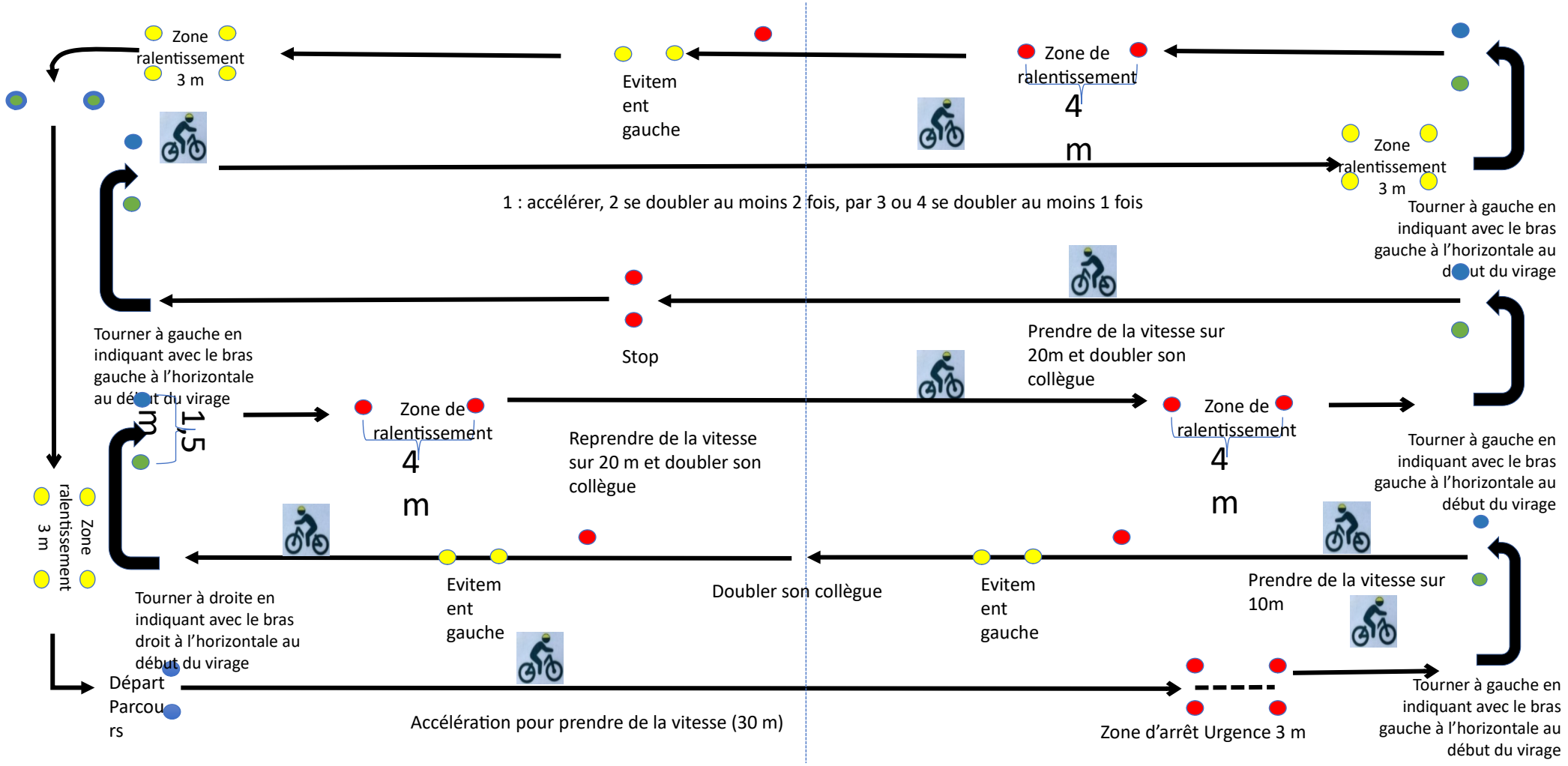Parcours par 1,2, 3 ou 4 (40m*20m)