**Tour de la Meije mai 2023 – Liste de courses ski-alpi de :**

**Saison : Hiver Printemps 2021-2022** ***pour les saisons 2020-2021 et 2019-2020 : copier le tableau***

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| **Date** | **Massif** | **Course**(objectif / réalisé) | **Type**(AR, boucle, traversée) | **Cotat°** | **D +** | **Orga.**(CAF, autonomie, guide, …) |
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