

Programme 2026 v.1.1

Etat: 22.01.2026

| Janvier            |  |  |  | Février                       |  |  |                | Mars                                      |  |  |                      | Avril                        |  |  |  | Mai                                          |  |  |  | Juin                               |  |  |                  |
|--------------------|--|--|--|-------------------------------|--|--|----------------|-------------------------------------------|--|--|----------------------|------------------------------|--|--|--|----------------------------------------------|--|--|--|------------------------------------|--|--|------------------|
| 01                 |  |  |  | 01                            |  |  |                | 01                                        |  |  |                      | 01                           |  |  |  | 01                                           |  |  |  | 01                                 |  |  |                  |
| 02                 |  |  |  | 02                            |  |  |                | 02                                        |  |  |                      | 02                           |  |  |  | 02                                           |  |  |  | 02                                 |  |  |                  |
| 03                 |  |  |  | 03                            |  |  |                | 03                                        |  |  |                      | 03                           |  |  |  | 03                                           |  |  |  | 03                                 |  |  |                  |
| 04                 |  |  |  | 04                            |  |  |                | 04                                        |  |  |                      | 04                           |  |  |  | 04                                           |  |  |  | 04                                 |  |  |                  |
| 05                 |  |  |  | 05                            |  |  |                | 05                                        |  |  |                      | 05                           |  |  |  | 05                                           |  |  |  | 05                                 |  |  |                  |
| 06                 |  |  |  | 06                            |  |  |                | 06                                        |  |  |                      | 06                           |  |  |  | 06                                           |  |  |  | 06                                 |  |  |                  |
| 07                 |  |  |  | 07                            |  |  |                | 07                                        |  |  |                      | 07                           |  |  |  | 07                                           |  |  |  | 07                                 |  |  |                  |
| 08                 |  |  |  | 08                            |  |  | Cross Farvagny | 08                                        |  |  | Champ. CH Cross (BE) | 08                           |  |  |  | 08                                           |  |  |  | 08                                 |  |  | Murtner OL Morat |
| 09                 |  |  |  | 09                            |  |  |                | 09                                        |  |  |                      | 09                           |  |  |  | 09                                           |  |  |  | 09                                 |  |  |                  |
| 10                 |  |  |  | 10                            |  |  |                | 10                                        |  |  |                      | 10                           |  |  |  | 10                                           |  |  |  | 10                                 |  |  |                  |
| 11                 |  |  |  | 11                            |  |  |                | 11                                        |  |  |                      | 11                           |  |  |  | 11                                           |  |  |  | 11                                 |  |  |                  |
| 12                 |  |  |  | 12                            |  |  |                | 12                                        |  |  |                      | 12                           |  |  |  | 12                                           |  |  |  | 12                                 |  |  |                  |
| 13                 |  |  |  | 13                            |  |  |                | 13                                        |  |  |                      | 13                           |  |  |  | 13                                           |  |  |  | 13                                 |  |  |                  |
| 14                 |  |  |  | 14                            |  |  |                | 14                                        |  |  |                      | 14                           |  |  |  | 14                                           |  |  |  | 14                                 |  |  |                  |
| 15                 |  |  |  | 15                            |  |  |                | 15                                        |  |  |                      | 15                           |  |  |  | 15                                           |  |  |  | 15                                 |  |  |                  |
| 16                 |  |  |  | 16                            |  |  |                | 16                                        |  |  |                      | 16                           |  |  |  | 16                                           |  |  |  | 16                                 |  |  |                  |
| 17                 |  |  |  | 17                            |  |  |                | 17                                        |  |  |                      | 17                           |  |  |  | 17                                           |  |  |  | 17                                 |  |  |                  |
| 18                 |  |  |  | 18                            |  |  |                | 18                                        |  |  |                      | 18                           |  |  |  | 18                                           |  |  |  | 18                                 |  |  |                  |
| 19                 |  |  |  | 19                            |  |  |                | 19                                        |  |  |                      | 19                           |  |  |  | 19                                           |  |  |  | 19                                 |  |  |                  |
| 20                 |  |  |  | 20                            |  |  |                | 20                                        |  |  |                      | 20                           |  |  |  | 20                                           |  |  |  | 20                                 |  |  |                  |
| 21                 |  |  |  | 21                            |  |  |                | 21                                        |  |  |                      | 21                           |  |  |  | 21                                           |  |  |  | 21                                 |  |  |                  |
| 22                 |  |  |  | 22                            |  |  |                | 22                                        |  |  |                      | 22                           |  |  |  | 22                                           |  |  |  | 22                                 |  |  |                  |
| 23                 |  |  |  | 23                            |  |  |                | 23                                        |  |  |                      | 23                           |  |  |  | 23                                           |  |  |  | 23                                 |  |  |                  |
| 24                 |  |  |  | 24                            |  |  |                | 24                                        |  |  |                      | 24                           |  |  |  | 24                                           |  |  |  | 24                                 |  |  |                  |
| 25                 |  |  |  | 25                            |  |  |                | 25                                        |  |  |                      | 25                           |  |  |  | 25                                           |  |  |  | 25                                 |  |  |                  |
| 26                 |  |  |  | 26                            |  |  |                | 26                                        |  |  |                      | 26                           |  |  |  | 26                                           |  |  |  | 26                                 |  |  |                  |
| 27                 |  |  |  | 27                            |  |  |                | 27                                        |  |  |                      | 27                           |  |  |  | 27                                           |  |  |  | 27                                 |  |  |                  |
| 28                 |  |  |  | 28                            |  |  |                | 28                                        |  |  |                      | 28                           |  |  |  | 28                                           |  |  |  | 28                                 |  |  |                  |
| 29                 |  |  |  | 29                            |  |  |                | 29                                        |  |  |                      | 29                           |  |  |  | 29                                           |  |  |  | 29                                 |  |  |                  |
| 30                 |  |  |  | 30                            |  |  |                | 30                                        |  |  |                      | 30                           |  |  |  | 30                                           |  |  |  | 30                                 |  |  |                  |
| 31                 |  |  |  | 31                            |  |  |                | 31                                        |  |  |                      | 31                           |  |  |  | 31                                           |  |  |  | 31                                 |  |  |                  |
| Juillet            |  |  |  | Août                          |  |  |                | Septembre                                 |  |  |                      | Octobre                      |  |  |  | Novembre                                     |  |  |  | Décembre                           |  |  |                  |
| 01                 |  |  |  | 01                            |  |  |                | 01                                        |  |  |                      | 01                           |  |  |  | 01                                           |  |  |  | 01                                 |  |  |                  |
| 02                 |  |  |  | 02                            |  |  |                | 02                                        |  |  |                      | 02                           |  |  |  | 02                                           |  |  |  | 02                                 |  |  |                  |
| 03                 |  |  |  | 03                            |  |  |                | 03                                        |  |  |                      | 03                           |  |  |  | 03                                           |  |  |  | 03                                 |  |  |                  |
| 04                 |  |  |  | 04                            |  |  |                | 04                                        |  |  |                      | 04                           |  |  |  | 04                                           |  |  |  | 04                                 |  |  |                  |
| 05                 |  |  |  | 05                            |  |  |                | 05                                        |  |  |                      | 05                           |  |  |  | 05                                           |  |  |  | 05                                 |  |  |                  |
| 06                 |  |  |  | 06                            |  |  |                | 06                                        |  |  |                      | 06                           |  |  |  | 06                                           |  |  |  | 06                                 |  |  |                  |
| 07                 |  |  |  | 07                            |  |  |                | 07                                        |  |  |                      | 07                           |  |  |  | 07                                           |  |  |  | 07                                 |  |  |                  |
| 08                 |  |  |  | 08                            |  |  |                | 08                                        |  |  |                      | 08                           |  |  |  | 08                                           |  |  |  | 08                                 |  |  |                  |
| 09                 |  |  |  | 09                            |  |  |                | 09                                        |  |  |                      | 09                           |  |  |  | 09                                           |  |  |  | 09                                 |  |  |                  |
| 10                 |  |  |  | 10                            |  |  |                | 10                                        |  |  |                      | 10                           |  |  |  | 10                                           |  |  |  | 10                                 |  |  |                  |
| 11                 |  |  |  | 11                            |  |  |                | 11                                        |  |  |                      | 11                           |  |  |  | 11                                           |  |  |  | 11                                 |  |  |                  |
| 12                 |  |  |  | 12                            |  |  |                | 12                                        |  |  |                      | 12                           |  |  |  | 12                                           |  |  |  | 12                                 |  |  |                  |
| 13                 |  |  |  | 13                            |  |  |                | 13                                        |  |  |                      | 13                           |  |  |  | 13                                           |  |  |  | 13                                 |  |  |                  |
| 14                 |  |  |  | 14                            |  |  |                | 14                                        |  |  |                      | 14                           |  |  |  | 14                                           |  |  |  | 14                                 |  |  |                  |
| 15                 |  |  |  | 15                            |  |  |                | 15                                        |  |  |                      | 15                           |  |  |  | 15                                           |  |  |  | 15                                 |  |  |                  |
| 16                 |  |  |  | 16                            |  |  |                | 16                                        |  |  |                      | 16                           |  |  |  | 16                                           |  |  |  | 16                                 |  |  |                  |
| 17                 |  |  |  | 17                            |  |  |                | 17                                        |  |  |                      | 17                           |  |  |  | 17                                           |  |  |  | 17                                 |  |  |                  |
| 18                 |  |  |  | 18                            |  |  |                | 18                                        |  |  |                      | 18                           |  |  |  | 18                                           |  |  |  | 18                                 |  |  |                  |
| 19                 |  |  |  | 19                            |  |  |                | 19                                        |  |  |                      | 19                           |  |  |  | 19                                           |  |  |  | 19                                 |  |  |                  |
| 20                 |  |  |  | 20                            |  |  |                | 20                                        |  |  |                      | 20                           |  |  |  | 20                                           |  |  |  | 20                                 |  |  |                  |
| 21                 |  |  |  | 21                            |  |  |                | 21                                        |  |  |                      | 21                           |  |  |  | 21                                           |  |  |  | 21                                 |  |  |                  |
| 22                 |  |  |  | 22                            |  |  |                | 22                                        |  |  |                      | 22                           |  |  |  | 22                                           |  |  |  | 22                                 |  |  |                  |
| 23                 |  |  |  | 23                            |  |  |                | 23                                        |  |  |                      | 23                           |  |  |  | 23                                           |  |  |  | 23                                 |  |  |                  |
| 24                 |  |  |  | 24                            |  |  |                | 24                                        |  |  |                      | 24                           |  |  |  | 24                                           |  |  |  | 24                                 |  |  |                  |
| 25                 |  |  |  | 25                            |  |  |                | 25                                        |  |  |                      | 25                           |  |  |  | 25                                           |  |  |  | 25                                 |  |  |                  |
| 26                 |  |  |  | 26                            |  |  |                | 26                                        |  |  |                      | 26                           |  |  |  | 26                                           |  |  |  | 26                                 |  |  |                  |
| 27                 |  |  |  | 27                            |  |  |                | 27                                        |  |  |                      | 27                           |  |  |  | 27                                           |  |  |  | 27                                 |  |  |                  |
| 28                 |  |  |  | 28                            |  |  |                | 28                                        |  |  |                      | 28                           |  |  |  | 28                                           |  |  |  | 28                                 |  |  |                  |
| 29                 |  |  |  | 29                            |  |  |                | 29                                        |  |  |                      | 29                           |  |  |  | 29                                           |  |  |  | 29                                 |  |  |                  |
| 30                 |  |  |  | 30                            |  |  |                | 30                                        |  |  |                      | 30                           |  |  |  | 30                                           |  |  |  | 30                                 |  |  |                  |
| 31                 |  |  |  | 31                            |  |  |                | 31                                        |  |  |                      | 31                           |  |  |  | 31                                           |  |  |  | 31                                 |  |  |                  |
| Kaderanlässe       |  |  |  | Testläufe für ...             |  |  |                | SM / championnats suisses                 |  |  |                      | Tipp / courses intéressantes |  |  |  | PI Course comptant pour PISTE en D/H18-20    |  |  |  | FR Freiburger Jugend-Meisterschaft |  |  |                  |
| Programme du Cadre |  |  |  | Courses de sélection pour ... |  |  |                | Courses internationales / internat. Läufe |  |  |                      | Sprint                       |  |  |  | XX Course comptant pour PISTE en cat. D/H-xx |  |  |  | Championnat fribourgeois de jeunes |  |  |                  |