

Pain

2016-048-003

Gesamtumfang: 4300 m

| Anzahl | Ausführung | Pause | Intens. | Dauer | Uhrzeit |
|--------|-----------------------------------|-------|---------|-------|---------|
| 1 * | 400Einschwimmen | 01:00 | REKOM | 09:53 | 20:10 |
| | Lagen Sandwich (4 * 175) | | | | |
| 4 * | 50 FS | 00:00 | Lagen | 03:55 | 20:20 |
| 4 * | 75 D - R - B | 00:00 | Lagen | 05:53 | 20:24 |
| 4 * | 50 FS | 01:00 | Lagen | 07:55 | 20:29 |
| 2 * | 100 FS (RA - LA - AB - GL) | 00:30 | Technik | 05:10 | 20:37 |
| 2 * | 100 FS (AB - 2RALA - 3RALA - GL) | 00:30 | Technik | 05:10 | 20:43 |
| 2 * | 100 FS (ABH - GL - AB - GL) | 00:30 | Technik | 05:10 | 20:48 |
| 2 * | 100 FS (NB - GL - NBS - GL) | 00:30 | Technik | 05:10 | 20:53 |
| | Painfull Teil I | | | | |
| 1 * | 50 FS VK | 00:00 | VK | 00:43 | 20:58 |
| 1 * | 100 REKOM (aktive Erholung) | 00:00 | REKOM | 02:13 | 20:59 |
| 1 * | 100 FS VK | 00:00 | VK | 01:27 | 21:01 |
| 1 * | 100 REKOM (aktive Erholung) | 00:00 | REKOM | 02:13 | 21:02 |
| 1 * | 150 FS VK | 00:00 | VK | 02:10 | 21:05 |
| 1 * | 100 REKOM (aktive Erholung) | 00:00 | REKOM | 02:13 | 21:07 |
| 1 * | 200 FS VK | 00:00 | VK | 02:54 | 21:09 |
| 1 * | 100 REKOM (aktive Erholung) | 00:00 | REKOM | 02:13 | 21:12 |
| 4 * | 100 Atemrhythmus | 00:20 | GA 1 | 08:44 | 21:14 |
| 1 * | 900 Painfull Teil II (wie Teil I) | 00:00 | GA 1 | 16:40 | 21:23 |
| 1 * | 200 Ausschwimmen (kein FS) | 00:30 | REKOM | 04:57 | 21:40 |