

Challenge Yourself

2017-006-003

Gesamtumfang: 4300 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 *	800 Einschwimmen + Technik + Beine	01:00	REKOM	18:47	20:07
Lagen Medley XXIV					
1 *	250 100 D - 75 R - 50 B - 25 FS	01:00	Lagen	05:54	20:25
1 *	250 25 D - 100 R - 75 B - 50 FS	01:00	Lagen	05:54	20:31
1 *	250 50 D - 25 R - 100 B - 75 FS	01:00	Lagen	05:54	20:37
1 *	250 75 D - 50 R - 25 B - 100 FS (25 m = GL) oder (50 m = 25 GL+25 B) oder (75 m = 25 GL+25 B+25T)	01:00	Lagen	05:54	20:43
1 *	100 REKOM	01:00	REKOM	03:13	20:49
Challenge Yourself					
2 *	200 FS	00:30	GA ½	08:10	20:52
2 *	200 FS	00:20	GA ½	07:50	21:00
2 *	200 FS	00:30	GA ½	08:10	21:08
1 *	50 REKOM	01:00	REKOM	02:07	21:16
2 *	100 FS	00:20	GA ½	04:15	21:18
2 *	100 FS	00:10	GA ½	03:55	21:23
2 *	100 FS	00:20	GA ½	04:15	21:27
1 *	50 REKOM	01:00	REKOM	02:07	21:31
2 *	50 FS	00:15	GA ½	02:18	21:33
2 *	50 FS	00:05	GA ½	01:58	21:35
2 *	50 FS	00:15	GA ½	02:18	21:37
1 *	200 Ausschwimmen (kein FS)	00:30	REKOM	04:57	21:40