

FS – Was geht?

2017-026-001

Gesamtumfang: 4000 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 * 1000	Einschwimmen mit Technik und Beinen Lagen	01:00	REKOM	23:13	19:00
6 * 100	D-FS-D-FS, R-FS-R-FS, ...	00:30	Lagen	14:46	19:23
1 * 100	REKOM (kein FS)	01:00	REKOM	03:13	19:38
WAS GEHT?					
1 * 50	FS – was geht	00:00	VK	00:43	19:41
1 * 100	REKOM	00:00	REKOM	02:13	19:42
1 * 100	FS – was geht	00:00	VK	01:27	19:44
1 * 100	REKOM	00:00	REKOM	02:13	19:46
1 * 150	FS – was geht	00:00	VK	02:10	19:48
1 * 100	REKOM	00:00	REKOM	02:13	19:50
1 * 200	FS – was geht	00:00	VK	02:54	19:52
1 * 100	REKOM	00:00	REKOM	02:13	19:55
4 * 100	FS (Atemnot)	00:30	REKOM	10:53	19:58
1 * 50	FS – was geht	00:00	VK	00:43	20:08
1 * 100	REKOM	00:00	REKOM	02:13	20:09
1 * 100	FS – was geht	00:00	VK	01:27	20:11
1 * 100	REKOM	00:00	REKOM	02:13	20:14
1 * 150	FS – was geht	00:00	VK	02:10	20:15
1 * 100	REKOM	00:00	REKOM	02:13	20:17
1 * 200	FS – was geht	00:00	VK	02:54	20:19
1 * 200	Ausschwimmen (kein FS)	00:30	REKOM	04:57	20:25