

GA1-Challenge

2017-046-002

Gesamtumfang: 3500 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 *	400 Einschwimmen (Beine, Koordination Technik)	01:00	REKOM	09:53	19:27
	Lagen Medley VI				
2 *	100 D - R - D - R	00:30	Lagen	04:55	19:37
2 *	100 R - B - R - B	00:30	Lagen	04:55	19:42
2 *	100 B - FS - B - FS	00:30	Lagen	04:55	19:47
1 *	100 REKOM	01:00	REKOM	02:13	19:52
	Challenge Yourself				
2 *	200 FS - Pause = 30"	00:30	GA 1	08:24	19:55
2 *	200 FS - Pause = 20"	00:20	GA 1	08:04	20:04
2 *	200 FS - Pause = 30"	00:30	GA 1	08:24	20:12
1 *	50 REKOM	01:00	REKOM	02:07	20:20
2 *	100 FS - Pause = 20"	00:20	GA 1	04:22	20:22
2 *	100 FS - Pause = 10"	00:10	GA 1	04:02	20:27
2 *	100 FS - Pause = 20"	00:20	GA 1	04:22	20:31
1 *	50 REKOM	01:00	REKOM	02:07	20:35
2 *	50 FS - Pause = 15"	00:15	GA 1	02:21	20:37
2 *	50 FS - Pause = 5"	00:05	GA 1	02:01	20:40
2 *	50 FS - Pause = 15"	00:15	GA 1	02:21	20:42
1 *	200 Ausschwimmen (kein FS)	00:30	REKOM	00:31	20:44