

# Challenge Yourself

2018-03-003

Gesamtumfang: 3900 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 * 400	Einschwimmen	01:00	REKOM	09:53	20:14
	Lagen Medley XXIV				
1 * 250	100 D - 75 R - 50 B - 25 FS	01:00	Lagen	05:54	20:24
1 * 250	25 D - 100 R - 75 B - 50 FS	01:00	Lagen	05:54	20:30
1 * 250	50 D - 25 R - 100 B - 75 FS	01:00	Lagen	05:54	20:36
1 * 250	75 D - 50 R - 25 B - 100 FS	01:00	Lagen	05:54	20:42
1 * 100	REKOM	01:00	REKOM	03:13	20:48
	Challenge Yourself - Wechselnde Pausen				
2 * 200	FS	00:30	GA 1	08:24	20:51
2 * 200	FS	00:20	GA 1	08:04	20:59
2 * 200	FS	00:30	GA 1	08:24	21:07
1 * 50	REKOM	01:00	REKOM	02:07	21:16
2 * 100	FS	00:20	GA 1	04:22	21:18
2 * 100	FS	00:10	GA 1	04:02	21:22
2 * 100	FS	00:20	GA 1	04:22	21:26
1 * 50	REKOM	01:00	REKOM	02:07	21:31
2 * 50	FS	00:15	GA 1	02:21	21:33
2 * 50	FS	00:05	GA 1	02:01	21:35
2 * 50	FS	00:15	GA 1	02:21	21:37
1 * 200	Ausschwimmen (kein FS)	00:30	REKOM	04:57	21:40