

Lagen / GA 1/2 - Set

2023-012-001

Gesamtumfang: 3050 m

| Anzahl | Ausführung | Pause | Intens. | Uhrzeit |
|---------|--|-------|---------|---------|
| 1 * 400 | Einschwimmen | 01:00 | REKOM | 19:15 |
| 1 * 50 | Mini - Lagen (D - B / R - FS) | 00:15 | Lagen | 19:26 |
| 1 * 50 | REKOM | 00:15 | REKOM | 19:27 |
| 2 * 50 | Lagen (D - R) (25 Wechsel) | 00:15 | Lagen | 19:28 |
| 1 * 50 | REKOM | 00:15 | REKOM | 19:31 |
| 3 * 50 | Lagen (D - R - B) (50 Wechsel) | 00:15 | Lagen | 19:32 |
| 1 * 50 | REKOM | 00:15 | REKOM | 19:36 |
| 4 * 50 | Lagenwechsel (D - R / R - B / B - FS / FS - D) | 00:15 | Lagen | 19:38 |
| 1 * 50 | REKOM | 00:15 | REKOM | 19:43 |
| 5 * 50 | Lagenchaos (25 Wechsel, beliebige Reihenfolge) | 00:15 | Lagen | 19:44 |
| 1 * 50 | REKOM | 00:15 | REKOM | 19:51 |
| 6 * 50 | Lagen (D - R - B) (50 Wechsel) | 00:15 | Lagen | 19:52 |
| 1 * 100 | REKOM | 01:00 | REKOM | 20:00 |
| 6 * 100 | FS - kurze Pause - WKT 1500m | 00:05 | GA 1/2 | 20:03 |
| 6 * 50 | FS - kurze Pause - WKT 500m | 00:05 | GA 2 | 20:15 |
| 6 * 25 | FS - >> WKT 500m | 00:05 | WSA | 20:21 |
| 1 * 200 | Ausschwimmen | 01:00 | REKOM | 20:24 |