

# Be Agressive

2026-22-002

Gesamtumfang: 3250 m

Anzahl	Ausführung	Pause	Intens.	Uhrzeit
1 *	400 Einschwimmen	01:00	REKOM	20:19
	Lagen			
3 *	25 D   R   B	00:15	Lagen	20:28
3 *	50 D R   R B   B FS	00:20	Lagen	20:31
3 *	75 D R B   R B FS   B FS D	00:20	Lagen	20:34
1 *	50 REKOM (kein FS)	01:00	REKOM	20:40
4 *	50 FS - progressiv	00:15	GA 2	20:42
1 *	50 REKOM (kein FS)	01:00	REKOM	20:46
	FS - konstante Abgangszeit (ø WKT + 15")			
2 *	100 FS	00:15	GA 1	20:48
2 *	100 FS	00:15	GA 1/2	20:52
2 *	100 FS	00:15	GA 2	20:56
2 *	100 FS	00:15	EB	21:00
2 *	100 FS	00:15	WSA	21:03
1 *	100 REKOM (kein FS)	01:00	REKOM	21:07
2 *	100 FS P + PB	00:15	KA 1	21:10
2 *	100 FS P + PB	00:15	KA 1/2	21:14
2 *	100 FS P + PB	00:15	KA 2	21:18
2 *	100 FS P + PB	00:15	KA WSA	21:21
1 *	200 Ausschwimmen (kein FS)	00:30	REKOM	21:25