

Harte 200m - gebrochen

2026-25-003

Gesamtumfang: 3550 m

Anzahl	Ausführung	Pause	Intens.	Uhrzeit	
1 *	400	Einschwimmen mit Technik / Beine	01:00	REKOM	20:19
2 *	150	Lagen (25 L4 - 50 L2 - 25 L3 - 50 L4)	00:30	Lagen	20:29
1 *	50	REKOM	01:00	REKOM	20:35
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	20:37
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	20:45
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	20:49
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	20:52
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	20:56
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	20:59
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	21:03
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	21:06
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	21:10
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	21:14
4 *	50	FS - WK-Tempo ø 500m	00:05	WSA	21:18
1 *	200	FS - WK-Tempo ø 1500m	00:30	GA 1/2	21:21
1 *	200	Ausschwimmen (kein FS)	00:30	REKOM	21:25