

Speed -Pyramide

2026-26-001

Gesamtumfang: 3200 m

Anzahl	Ausführung	Pause	Intens.	Uhrzeit
1 *	400 Einschwimmen	01:00	REKOM	19:14
	Lagen Medley			
1 *	100 Lagen (D-R-B-FS)	00:30	Lagen	19:24
1 *	150 Lagen (R-B-FS)	00:30	Lagen	19:26
1 *	200 Lagen (B - FS)	00:30	Lagen	19:30
1 *	200 Lagen (R - FS)	00:30	Lagen	19:34
1 *	150 Lagen (R-B-FS)	00:30	Lagen	19:38
1 *	100 Lagen (D-R-B-FS)	00:30	Lagen	19:41
	Speed - Pyramide			
4 *	100 25m >>WKT - Rest locker 50m >>WKT - Rest locker ...	00:30	GA 2	19:44
4 *	100 100m >>WKT 75m >>WKT - Rest locker ...	00:30	GA 2	19:52
1 *	100 REKOM	01:00	REKOM	20:01
4 *	50 12m >>WKT - Rest locker 25m >>WKT - Rest locker 30m >>WKT - ...	00:20	GA 2	20:04
4 *	50 50m >>WKT 30m >>WKT - Rest locker 25m >>WKT - ...	00:20	GA 2	20:09
1 *	100 REKOM	01:00	REKOM	20:13
6 *	50 NB - Rest locker	00:30	GA 1	20:17
1 *	200 Ausschwimmen (kein FS)	00:30	REKOM	20:25