

Challenge yourself

2017-027-001

Gesamtumfang: 3650 m

| Anzahl | Ausführung | Pause | Intens. | Dauer | Uhrzeit |
|--------|--|-------|---------|-------|---------|
| 1 * | 600 Einschwimmen mit Technik und Beinen | 01:00 | REKOM | 14:20 | 18:59 |
| | Lagen Medley | | | | |
| 3 * | 50 Lagen (25D25FS - 25FS25D - 50D) | 00:15 | Lagen | 03:41 | 19:13 |
| 3 * | 50 Freistil (auf konstanten BS achten) | 00:15 | Beine | 04:19 | 19:17 |
| 3 * | 50 Lagen (25R25FS - 25FS25R - 50R) | 00:15 | Lagen | 03:41 | 19:21 |
| 3 * | 50 Freistil (auf konstanten BS achten) | 00:15 | Beine | 04:19 | 19:25 |
| 3 * | 50 Lagen (25B25FS - 25FS25B - 50B) | 00:15 | Lagen | 03:41 | 19:29 |
| 1 * | 100 REKOM | 01:00 | REKOM | 03:13 | 19:33 |
| | Challenge yourself | | | | |
| 4 * | 50 FS (25m NB => 25 prog) | 00:15 | GA 1 | 04:42 | 19:36 |
| 4 * | 100 FS (WKT ø 1500) | 00:15 | GA 2 | 08:01 | 19:41 |
| 4 * | 200 FS (In- Out) | 01:00 | GA 2 | 18:02 | 19:46 |
| 4 * | 100 FS (WKT ø 1500) | 00:15 | GA 2 | 08:01 | 19:54 |
| 4 * | 50 FS (25m NB => 25 prog) | 00:15 | GA 1 | 04:42 | 20:12 |
| 1 * | 200 Ausschwimmen (kein FS) | 00:30 | REKOM | 04:57 | 20:25 |