

## FS - Technik - GA 1/2

2025-49-001

Gesamtumfang: 3300 m

| Anzahl              |     | Ausführung                       | Pause | Intens. | Uhrzeit |
|---------------------|-----|----------------------------------|-------|---------|---------|
| 1 *                 | 400 | Einschwimmen mit Technik / Beine | 01:00 | REKOM   | 19:09   |
| 6 *                 | 50  | Lagen (L = GA2 / Rest FS REKOM)  | 00:15 | GA 2    | 19:19   |
|                     |     | 15 (25) D - GA 2 / Rest FS GA 1  |       |         |         |
|                     |     | 25 R - GA 2 / Rest FS GA 1       |       |         |         |
|                     |     | 35 B - GA 2 / Rest FS GA 1       |       |         |         |
| 2 *                 | 100 | REKOM                            | 00:15 | REKOM   | 19:26   |
| FS - Technik - GA ½ |     |                                  |       |         |         |
| 4 *                 | 50  | SL mit FS progressiv             | 00:15 | Technik | 19:31   |
| 1 *                 | 200 | FS (zügig)                       | 00:30 | GA ½    | 19:36   |
| 4 *                 | 50  | 3RA-3LA mit HE + GB              | 00:15 | Technik | 19:41   |
| 1 *                 | 200 | FS (ha-ha-ha-lo)                 | 00:30 | GA ½    | 19:46   |
| 4 *                 | 50  | 3Ra-3LA mit RtW                  | 00:15 | Technik | 19:50   |
| 1 *                 | 200 | FS (ha-ha-lo-lo)                 | 00:30 | GA ½    | 19:56   |
| 4 *                 | 50  | 3Ra-3LA mit FSV (BS)             | 00:15 | Technik | 20:00   |
| 1 *                 | 200 | FS (ha-lo-ha-lo)                 | 00:30 | GA ½    | 20:05   |
| 4 *                 | 50  | AB - ¾ AB - ½ AB                 | 00:15 | Technik | 20:10   |
| 1 *                 | 200 | FS (lo-ha-ha-lo)                 | 00:30 | GA ½    | 20:15   |
| 4 *                 | 50  | Lagenwechsel                     | 00:15 | Lagen   | 20:19   |
| 1 *                 | 200 | Ausschwimmen (kein FS)           | 00:30 | REKOM   | 20:24   |