

Pyramiden - Tag

2026-11-001

Gesamtumfang: 3100 m

Anzahl	Ausführung	Pause	Intens.	Uhrzeit
1 *	400 Einschwimmen	01:00	REKOM	19:12
	Lagen			
4 *	25 L4	00:15	Lagen	19:23
2 *	50 L3	00:15	Lagen	19:26
2 *	100 L2	00:15	Lagen	19:28
2 *	50 L3	00:15	Lagen	19:33
4 *	25 L4	00:15	Lagen	19:36
1 *	50 REKOM	01:00	REKOM	19:39
1 *	300 Beine / Arme im Wechsel	00:30	Technik	19:41
1 *	50 REKOM	01:00	REKOM	19:48
2 *	100 1 8 - 25 GA 2 - Rest locker	00:15	GA 1/2	19:50
2 *	100 2 7 - 50 GA 2 - Rest locker	00:15	GA 1/2	19:54
2 *	100 3 6 - 75 GA 2 - Rest locker	00:20	GA 1/2	19:59
2 *	100 4 5 - 100 GA 2	00:30	GA 2	20:03
1 *	50 REKOM	01:00	REKOM	20:08
2 *	50 1 4 - 25 WSA - Rest locker	00:15	GA 2	20:10
2 *	50 2 3 - 50 WSA	00:15	WSA	20:12
1 *	50 REKOM	01:00	REKOM	20:14
1 *	400 FS	00:00	GA 1	20:17
1 *	200 Ausschwimmen (kein FS)	00:30	REKOM	20:24