

Block	Abgang	Pause	Beschreibung	Distanz	Total
4x150m		10"	je 50m Swim, Kick, Pull	600	600
800m P.: 30" 400m P.: 20" 200m St.: 3'-3'30" 100m P.: 1'	3' – 3'30"	30" 20"	Cr Swim E2 Cr Pull E2 2. Lage Swim E2-S Lagen Swim max	1500	2100
200m			100m Sculling 100m Free	200	2300
Total					2300