

Bahn 1 Di, 05. September 2006

400 ES

12 x 75 25 Delphin, Rücken od. Brust, 50 Kraul

P 30 Sec

100 locker

12 x 75 25 Kraul Arme, 50 Kraul ganze Lage

P 30 Sec

6 x 50 25 Tauchen, 25 locker

200 AS

2800

Bahn 2 Di, 05. September 2006

400 ES

12 x 75 25 Delphin, Rücken od. Brust, 50 Kraul

P 30 Sec

100 locker

12 x 75 25 Kraul Arme, 50 Kraul ganze Lage

P 30 Sec

6 x 50 25 Tauchen, 25 locker

200 AS

2800

Bahn 3 Di, 05. September 2006

400 ES

12 x 75 25 Delphin, Rücken od. Brust, 50 Kraul

P 30 Sec

100 locker

12 x 75 25 Kraul Arme, 50 Kraul ganze Lage

P 30 Sec

6 x 50 25 Tauchen, 25 locker

200 AS

2800

Bahn 1 Sa, 09. September 2006

400 ES

16 x 50 Kraul und bel. andere Lage im Wechsel

Pause 20 Sec

100 locker

12 x 100 Kraul; Pause je Bahn 5 Sec

Pause 20 Sec

100 locker

12 x 25 Kraul Beine

Pause 30 Sec

200 AS

3100

Bahn 2 Sa, 09. September 2006

400 ES

14 x 50 Kraul und bel. andere Lage im Wechsel

Pause 20 Sec

100 locker

10 x 100 Kraul; Pause je Bahn 5 Sec

Pause 20 Sec

100 locker

12 x 25 Kraul Beine

200 AS

2800

Bahn 3 Sa, 09. September 2006

400 ES

12 x 50 Kraul und bel. andere Lage im Wechsel

Pause 20 Sec

100 locker

10 x 100 Kraul; Pause je Bahn 5 Sec

Pause 20 Sec

100 locker

10 x 25 Kraul Beine

200 AS

2650

Bahn 1 Di, 12. September 2006

400 ES

6 x 100 Kraul alle 2:15

100 locker

20 x 50 25 LaReFo und 25 Kraul

Pause 20 Sec

100 locker

500 Kraul mit 15 Rollen auf der Bahn

Pause 30 Sec

200 AS

2900

Bahn 2 Di, 12. September 2006

400 ES

6 x 100 Kraul alle 2:20

100 locker

16 x 50 25 LaReFo und 25 Kraul

Pause 20 Sec

100 locker

500 Kraul mit 12 Rollen auf der Bahn

200 AS

2700

Bahn 3 Di, 12. September 2006

400 ES

6 x 100 Kraul alle 2:30

100 locker

14 x 50 25 LaReFo und 25 Kraul

Pause 20 Sec

100 locker

500 Kraul mit 10 Rollen auf der Bahn

200 AS

2600

Bahn 1 Sa, 16. September 2006

400 ES

10 x 100 25 Del.,50 Kraul,25 Rü; Pause 30s

100 locker

6 x 150 50 Kraul Beine,100 gL; Pause 40s

100 locker

400 Atemnot

100 AS

3000

Bahn 2 Sa, 16. September 2006

400 ES

10 x 100 25 Del.,50 Kraul,25 Rü; Pause 30s

100 locker

6 x 150 50 Kraul Beine,100 gL; Pause 40s

100 locker

400 Atemnot

100 AS

3000

Bahn 3 Sa, 16. September 2006

400 ES

8 x 100 25 Del.,50 Kraul,25 Rü; Pause 30s

100 locker

6 x 150 50 Kraul Beine,100 gL; Pause 40s

100 locker

400 Atemnot

200 AS

2800

Bahn 1 Di, 19. September 2006

400 ES

16 x 25 Kraul Sprint; Pause 30 Sec

100 locker

8 x 150 100 Lagen; 50 Kraul; P: 40 Sec

100 locker

8 x 50 25 Atemsprint; 25 locker; P: 15 Sec

200 AS

2800

Bahn 2 Di, 19. September 2006

400 ES

16 x 25 Kraul Sprint; Pause 30 Sec

100 locker

7 x 150 100 Lagen; 50 Kraul; P: 40 Sec

100 locker

8 x 50 25 Atemsprint; 25 locker; P: 15 Sec

200 AS

2650

Bahn 3 Di, 19. September 2006

400 ES

16 x 25 Kraul Sprint; Pause 30 Sec

100 locker

6 x 150 100 Lagen; 50 Kraul; P: 40 Sec

100 locker

6 x 50 25 Atemsprint; 25 locker; P: 15 Sec

200 AS

2400

Bahn 1 Di, 26. September 2006

400 ES

10 x 50 25 Tauchen, 25 locker P 30 Sec
50 locker

10 x 50 25 Beine, 25 ganze Lage P 30 Sec
50 locker

10 x 50 25 Arme, 25 ganze Lage P 30 Sec
50 locker

6 x 100 Kraul gesteigert P 30 Sec

200 AS

2850

Bahn 2 Di, 26. September 2006

400 ES

10 x 50 25 Tauchen, 25 locker P 30 Sec
50 locker

10 x 50 25 Beine, 25 ganze Lage P 30 Sec
50 locker

10 x 50 25 Arme, 25 ganze Lage P 30 Sec
50 locker

6 x 100 Kraul gesteigert P 30 Sec

200 AS

2850

Bahn 3 Di, 26. September 2006

400 ES

10 x 50 25 Tauchen, 25 locker P 30 Sec
50 locker

10 x 50 25 Beine, 25 ganze Lage P 30 Sec
50 locker

10 x 50 25 Arme, 25 ganze Lage P 30 Sec
50 locker

6 x 100 Kraul gesteigert P 30 Sec

200 AS

2850

Bahn 1 Sa, 30. September 2006

400 ES

10 x 25 Kraul Beine, P 30 Sec

100 locker

5 x 200 175 Kraul, 25 andere Lage, P 30 Sec

100 locker

5 x 200 75 Kraul, 50 Atemnot, 75 Kraul, P 30 Sec

200 AS

3050

Bahn 2 Sa, 30. September 2006

400 ES

8 x 25 Kraul Beine, P 30 Sec

100 locker

5 x 200 175 Kraul, 25 andere Lage, P 30 Sec

100 locker

5 x 200 75 Kraul, 50 Atemnot, 75 Kraul, P 30 Sec

200 AS

3000

Bahn 3 Sa, 30. September 2006

400 ES

6 x 25 Kraul Beine, P 30 Sec

100 locker

5 x 200 175 Kraul, 25 andere Lage, P 30 Sec

100 locker

5 x 200 75 Kraul, 50 Atemnot, 75 Kraul, P 30 Sec

200 AS

2950