

Bahn 1 Sa, 03. November 2007

400 ES
8 x 200 Kraul Start 3:30
100 locker
4 x 400 1. 100 Lagen + 300 Kraul
2. 100 Kraul + 100 Lagen + 200 Kraul
3. 200 Kraul + 100 Lagen + 100 Kraul
4. 300 Kraul + 100 Lagen } P 40 Sec
200 AS

3900

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Bahn 2 Sa, 03. November 2007

400 ES
6 x 200 Kraul P 30 Sec
100 locker
4 x 400 1. 100 Lagen + 300 Kraul
2. 100 Kraul + 100 Lagen + 200 Kraul
3. 200 Kraul + 100 Lagen + 100 Kraul
4. 300 Kraul + 100 Lagen } P 40 Sec
200 AS

3500

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Bahn 3 Sa, 03. November 2007

400 ES
6 x 200 Kraul P 30 Sec
100 locker
4 x 300 100 Kraul + 100 Lagen + 100 Kraul P 40 Sec
200 AS

3100

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Bahn 6 Sa, 03. November 2007

400 ES
4 x 200 Kraul P 30 Sec
100 locker
3 x 350 150 Kraul + 50 Brust od. Rücken + 150 Kraul P 45 Sec
200 AS

2550

Bahn 1 Di, 06. November 2007

400 ES

8 x 100 mit Paddles Start 2:00

100 locker

15 x 100 gesteigert "in sich" P 30 Sec

100 locker

6 x 50 Tauchen

200 AS

3400

Bahn 2 Di, 06. November 2007

400 ES

6 x 100 mit Paddles P 30 Sec

100 locker

15 x 100 gesteigert "in sich" P 30 Sec

100 locker

6 x 50 Tauchen

200 AS

3200

Bahn 3 Di, 06. November 2007

400 ES

6 x 100 mit Paddles P 30 Sec

100 locker

12 x 100 gesteigert "in sich" P 30 Sec

100 locker

6 x 50 Tauchen

200 AS

2900

Bahn 6 Di, 06. November 2007

400 ES

6 x 100 Kraul P 30 Sec

100 locker

8 x 100 gesteigert "in sich" P 40 Sec

100 locker

6 x 50 Tauchen

200 AS

2500

Bahn 1 Di, 13. November 2007

400 ES

8 x 100 mit Paddles Start 2:00

100 locker

10 x 150 GA1 1. Pause 45 Sec, dann jeweils 5 Sec weniger

100 locker

6 x 50 25 Wasserballkraul, 25 locker

200 AS

3400

Bahn 2 Di, 13. November 2007

400 ES

6 x 100 mit Paddles P 30 Sec

100 locker

10 x 150 GA1 1. Pause 50 Sec, dann jeweils 5 Sec weniger

100 locker

6 x 50 25 Wasserballkraul, 25 locker

200 AS

3200

Bahn 3 Di, 13. November 2007

400 ES

6 x 100 mit Paddles P 30 Sec

100 locker

8 x 150 GA1 1. Pause 45 Sec, dann jeweils 5 Sec weniger

100 locker

6 x 50 25 Wasserballkraul, 25 locker

200 AS

2900

Bahn 6 Di, 13. November 2007

400 ES

6 x 100 Kraul P 30 Sec

100 locker

6 x 150 GA1 1. Pause 40 Sec, dann jeweils 5 Sec weniger

100 locker

4 x 50 25 Wasserballkraul, 25 locker

200 AS

2500

Bahn 1 Di, 20. November 2007

400 ES
8 x 100 mit Paddles Start 2:00
100 locker
6 x 100 Lagen Start 2:15
50 locker
6 x 100 Kraul Start 2:00
50 locker
6 x 100 Lagen Start 2:15
200 AS

3400

Bahn 2 Di, 20. November 2007

400 ES
6 x 100 mit Paddles P 30 Sec
100 locker
6 x 100 Lagen P 30 Sec
50 locker
6 x 100 Kraul P 30 Sec
50 locker
6 x 100 Lagen P 35 Sec
200 AS

3200

Bahn 3 Di, 20. November 2007

400 ES
6 x 100 mit Paddles P 30 Sec
100 locker
5 x 100 Lagen P 30 Sec
50 locker
5 x 100 Kraul P 30 Sec
50 locker
5 x 100 Lagen P 35 Sec
200 AS

2900

Bahn 6 Di, 20. November 2007

400 ES
5 x 100 Kraul P 30 Sec
100 locker
4 x 100 Brust od. Rücken P 45 Sec
50 locker
5 x 100 Kraul P 30 Sec
50 locker
4 x 100 Brust od. Rücken P 45 Sec
200 AS

2600

Bahn 1 Sa, 24. November 2007

400 ES
8 x 200 Kraul Start 3:30
100 locker
200 Kraul
400 (100 Lagen + 100 Kraul) x 2
600 Kraul
400 (100 Lagen + 100 Kraul) x 2
200 Kraul
200 AS

4100

} P 45

Bahn 2 Sa, 24. November 2007

400 ES
7 x 200 Kraul P 30 Sec
100 locker
150 Kraul
300 100 Kraul + 100 Lagen + 100 Kraul
500 Kraul
300 100 Kraul + 100 Lagen + 100 Kraul
150 Kraul
200 AS

3500

} P 45

Bahn 3 Sa, 24. November 2007

400 ES
5 x 200 Kraul P 30 Sec
100 locker
150 Kraul
300 100 Kraul + 100 Lagen + 100 Kraul
500 Kraul
300 100 Kraul + 100 Lagen + 100 Kraul
150 Kraul
200 AS

3100

} P 45

Bahn 6 Sa, 24. November 2007

400 ES
4 x 200 Kraul P 30 Sec
100 locker
100 Kraul
200 50 Kraul + 100 Br od. Rü + 50 Kraul
400 Kraul
200 50 Kraul + 100 Br od. Rü + 50 Kraul
100 Kraul
200 AS

2500

} P 45

Bahn 1 Di, 27. November 2007

400 ES
8 x 100 mit Paddles Start 2:00
100 locker
8 x 175 50 9er-Zug, 125 Kraul P 40 Sec
100 locker
16 x 25 Lagen P 30 Sec
200 AS

3400

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Bahn 2 Di, 27. November 2007

400 ES
7 x 100 mit Paddles P 30 Sec
100 locker
8 x 175 50 9er-Zug, 125 Kraul P 40 Sec
100 locker
16 x 25 Lagen P 30 Sec
200 AS

3300

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Bahn 3 Di, 27. November 2007

400 ES
6 x 100 mit Paddles P 30 Sec
100 locker
8 x 175 50 7er-Zug, 125 Kraul P 40 Sec
100 locker
12 x 25 Lagen P 30 Sec
200 AS

3100

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Bahn 6 Di, 27. November 2007

400 ES
4 x 100 Kraul P 30 Sec
100 locker
6 x 175 50 5er-Zug, 125 Kraul P 40 Sec
100
10 x 25 Kraul + andere Lage i.W. P 40 Sec
200 AS

2500