

# Superhero Triangles

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Swimming the Super Hero Triangles.

→Date:26 March 2024  
→Pool Size:25  
→Units:meters  
→Length:5200 meters / 208 Laps

Warm up	
<b>400</b> Any	1
First triangle	
<b>6</b> laps Nr 3 00:15	2
<b>8</b> laps Nr 2 00:15	3
<b>10</b> laps Nr 1 00:15	4
Second triangle	
<b>5</b> laps Nr 3 00:15	5
<b>12</b> laps Nr 2 00:15	6
<b>13</b> laps Nr 1 00:15	7
Third triangle	
<b>7</b> laps Nr 3 00:15	8
<b>15</b> laps Nr 2 00:15	9
<b>20</b> laps Nr 1 00:15	10
Fourth triangle	
<b>9</b> laps Nr 3 00:15	11
<b>10</b> laps Nr 2 00:15	12
<b>17</b> laps Nr 1 00:15	13
Fifth triangle	
<b>6</b> laps Nr 3 00:15	14
<b>25</b> laps Nr 2 00:15	15
<b>29</b> laps Nr 1 00:15	16

made with: **swiml**