

WarmUp

400 Any Easy

1 × **100** as **1** Nr 1 00:15

2 × **100** as $\left\{ \begin{array}{l} \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \end{array} \right.$

3 × **100** as $\left\{ \begin{array}{l} \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \end{array} \right.$

5 × **100** as $\left\{ \begin{array}{l} \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \end{array} \right.$

8 × **100** as $\left\{ \begin{array}{l} \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \end{array} \right.$

10 × **100** as $\left\{ \begin{array}{l} \mathbf{3} \text{ Nr } 3 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{2} \text{ Nr } 2 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \\ \mathbf{1} \text{ Nr } 1 \text{ } 00:15 \end{array} \right.$