

# WarmUp

## 400 Any Easy

1 × 100 as 1 Nr 1 00:15

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

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

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

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

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

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22