| wai iii op | |
|-------------------------------------|---|
| 200 Any Easy | 1 |
| Aliquot sequence | |
| 2 × 200 IM ເ0:20 80% | 2 |
| 7 × 200 FR © 0:30 70% | 3 |
| | |

Warm un

6 × **200** Nr 1 **©**0:40 60% Warm down

200 Any Easy