

# Zeitpyramide

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Swimming every block of the improved  
Zeitpyramide.

→Date:22 August 2024

→Pool Size:25

→Units:meters

→Length:3025 meters / 121 Laps

First row	
1 × <b>25</b> K Any	1
5 × <b>50</b> D Any Any	2
1 × <b>25</b> Any	3
Second row	
2 × <b>50</b> FR b3	4
3 × <b>75</b> FR b5	5
2 × <b>50</b> FR b3	6
Third row	
1 × <b>50</b> FR 00:10 50%	7
2 × <b>75</b> FR 00:15 75%	8
1 × <b>100</b> FR 00:20 100%	9
2 × <b>75</b> FR 00:15 75%	10
1 × <b>50</b> FR 00:10 50%	11
Fourth row	
1 × <b>50</b> FL 00:15	12
1 × <b>75</b> K Any 00:15	13
1 × <b>100</b> BK 00:15	14
1 × <b>125</b> K Any 00:15	15
1 × <b>100</b> BR 00:15	16
1 × <b>75</b> K Any 00:15	17
1 × <b>50</b> FR 00:15	18
Fifth row	
1 × <b>50</b> Not FR 00:10 50%	19
2 × <b>75</b> Not FR 00:15 75%	20
1 × <b>100</b> Not FR 00:20 100%	21
2 × <b>75</b> Not FR 00:15 75%	22
1 × <b>50</b> Not FR 00:10 50%	23
Sixth row	
2 × <b>50</b> Nr 2	24
3 × <b>75</b> Nr 3	25
2 × <b>50</b> Nr 2	26
Seventh row	
1 × <b>25</b> K Any	27
5 × <b>50</b> D Any Any	28

