

120 laps

600 as	100 FR	1
	100 D Any Any	2
	100 Not FR	3
6 × 100	IM @ 1:45	4
4 × 150	D IM Order Any 00:15	5
3 × 200	FR 00:15 Pads	6
2 × 300	FR 00:15 Pads	7