

Hand Crossing

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This program divides one hour into eleven periods.
It resembles the eleven times the hands of a clock
cross during the day.

→Date:11 May 2024
→Pool Size:25
→Units:meters
→Length:0 meters / 0 Laps

| | |
|---------------------------------------|----|
| 5:33 Any 00:15 Easy | 1 |
| 5:33 FR 00:15 70% | 2 |
| 5:33 FR 00:15 80% | 3 |
| 5:33 FR 00:15 90% | 4 |
| 5:33 FR 00:15 80% | 5 |
| 5:33 FR 00:15 70% | 6 |
| 5:33 D FL Single Arm 00:15 80% | 7 |
| 5:33 BK 00:15 80% | 8 |
| 5:33 BR 00:15 80% | 9 |
| 5:33 FR 00:15 80% | 10 |
| 5:33 Any Easy | 11 |

made with: **swimL**