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

5:27 Any ⏱0:15 Easy	1
5:27 FR ⏱0:15 70%	2
5:27 FR ⏱0:15 80%	3
5:27 FR ⏱0:15 90%	4
5:27 FR ⏱0:15 80%	5
5:27 FR ⏱0:15 70%	6
5:27 D FL Single Arm ⏱0:15 80%	7
5:27 BK ⏱0:15 80%	8
5:27 BR ⏱0:15 80%	9
5:27 FR ⏱0:15 80%	10
5:27 Any Easy	11

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