

Jasi Masters

Christoph Bartneck

Our Tuesday evening program targeted at one hour. The coach was Matt.

~>Date:
~>Pool Size:25
~>Units:meters
~>Length:2800

400 Any Easy 1

6 × 100 as

200 as

100 D Any Any

100 Any 3

100 Any 4

100 K Any 5

100 D Any Any

100 Any Pullbuoy

6 × K FR @ 0:45 Max 8

3 × FR @ 3:10 Pads Pullbuoy 9

6 × FR @ 0:45 Max Pullbuoy 10

400 K Any Fins 11

4 × FR @ 0:45 Max 12

200 Any 13

4 × IM Order @ 0:50 Max 14

100 Any Easy 15

made with: **swiml**