

Einstein

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Swimming Spectre tile consisting of 14 times
200.

→Date:03 October 2024
→Pool Size:25
→Units:meters
→Length:3000 meters / 120 Laps

Warm up		
200	Any Easy	1
Einstein set		
7 ×	4 × 50 IM Order @ 1:00	2
	2 × 100 IM Reverse @ 1:45	3

made with: **swiml**