

# Roman Numerals

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Veni, vidi, vici.

~>Date:09 July 2024  
~>Pool Size:XXV  
~>Units:meters  
~>Length:MMMC meters / CXXIV Laps

| Warm up                          |   |
|----------------------------------|---|
| CD Any Easy                      | 1 |
| First set                        |   |
| XII × C FR @_1:45 60...90%       | 2 |
| VII × CC FR @_1:45 Pads Pullbuoy | 3 |
| Warm down                        |   |
| C Any Easy                       | 4 |

made with: **swimL**