

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

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**