

Einstein

Christoph Bartneck

Swimming Spectre tile consisting of 14 times 200.

↪Date:03 October 2024

↪Pool Size:25

↪Units:meters

↪Length:2800 meters / 112 Laps

Warm up

7 x	4 x 50 IM Order @	1:00	1
	2 x 100 IM Reverse @	1:45	2