

Superhero Triangles

Christoph Bartneck
Swimming the Super Hero Triangles.

→Date:26 March 2024

→Pool Size:25

→Units:meters

→Length:5200

Warm up	
400 Any	1
First triangle	
6 laps Nr 3 00:15	2
8 laps Nr 2 00:15	3
10 laps Nr 1 00:15	4
Second triangle	
5 laps Nr 3 00:15	5
12 laps Nr 2 00:15	6
13 laps Nr 1 00:15	7
Third triangle	
7 laps Nr 3 00:15	8
15 laps Nr 2 00:15	9
20 laps Nr 1 00:15	10
Fourth triangle	
9 laps Nr 3 00:15	11
10 laps Nr 2 00:15	12
17 laps Nr 1 00:15	13
Fifth triangle	
6 laps Nr 3 00:15	14
25 laps Nr 2 00:15	15
29 laps Nr 1 00:15	16

made with: **swiml**