

2010/3/8

A1=12/6S EN1=12-14/6S EN2=13-17/6S EN3=16-18/6S

| | | | | | |
|-------|-----|-----|---|---|-------|
| w-up | A1 | 200 | x | 1 | |
| Kick | EN1 | 200 | x | 1 | |
| K·C | EN1 | 100 | x | 4 | 2' |
| Pull | EN1 | 100 | x | 4 | 1' 45 |
| Swim | EN1 | 200 | x | 3 | 3' 35 |
| Easy | A1 | 100 | x | 1 | |
| Drill | EN1 | 50 | x | 4 | 1' 15 |
| K·C | EN1 | 50 | x | 5 | 1' 20 |
| Swim | EN1 | 50 | x | 8 | 1' 20 |
| Down | A1 | 100 | x | 1 | |

Total 2750

2010/3/8

A1=12/6S EN=12-14/6S EN2=13-17/6S EN3=16-18/6S

| | | | | | |
|-------|-----|-----|---|---|-------|
| w-up | A1 | 200 | x | 1 | |
| K·C | EN1 | 200 | x | 1 | |
| K·C | EN1 | 100 | x | 4 | 1' 50 |
| Pull | EN1 | 100 | x | 5 | 1' 35 |
| Swim | EN1 | 200 | x | 3 | 3' 05 |
| Easy | A1 | 100 | x | 1 | |
| Drill | EN1 | 50 | x | 4 | 1' 15 |
| K·C | EN1 | 50 | x | 5 | 1' 15 |
| Swim | EN1 | 50 | x | 9 | 1' 10 |
| Down | A1 | 100 | x | 1 | |

Total 2900