

Freibad – Hallenbad

40 Minuten
 Mindeststrecke
 (1,88 km/h)
 50m Freibad



40 Minuten
 Mindeststrecke
 (1,88 km/h)
 25m Hallenbad

m	Bahnen 0,5 = 25m
1250	25,0
1200	24,0
1150	23,0
1100	22,0
1050	21,0
1000	20,0
900	18,0
850	17,0
750	15,0
700	14,0
650	13,0
600	12,0
525	10,5
450	9,0
400	8,0

- 15**
- 14**
- 13**
- 12**
- 11**
- 10**
- 9**
- 8**
- 7**
- 6**
- 5**
- 4**
- 3**
- 2**
- 1**

m	Runden 0,1 = 40m
1250	50
1200	48
1150	46
1100	44
1050	42
1000	40
900	36
850	34
750	30
700	28
650	26
600	24
525	21
450	18
400	16