

TE 01 - Freistil-/Rückenausdauer

Jonas Demo · 2026-09-01 · 08:00 · combined · 50-m-Bahn

SOLL

4,05 km

IST (simuliert)

3,80 km

Abweichung

-6.2 %

Einschwimmen

Intervalle ohne Serie

100m	free	REC	—	1:23,78	—	38	done	100m
100m	free	REC	—	1:26,15	—	38	done	100m
100m	free	REC	—	1:25,36	—	38	done	100m
100m	free	REC	—	—	—	—	partial	50m

Rückentechnik

Intervalle ohne Serie

50m	back	red	—	0:42,50	—	38	done	50m
50m	back	red	—	0:42,35	—	38	done	50m
50m	back	red	—	0:43,02	—	38	done	50m
50m	back	red	—	0:43,76	—	38	done	50m
50m	back	red	—	0:43,11	—	38	done	50m

Hauptblock - 2 × 4 × 400 m

Serie 1

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400m	free	AEC2	4:30,00	4:31,32	42.0	45.0	done	400m
400m	free	AEC2	4:29,00	4:37,07	43.0	47	done	400m
400m	free	AEC2	4:28,00	4:29,61	44.0	41	done	400m
400m	free	AEC2	4:27,00	4:26,47	45.0	47	done	400m

Serie 2

400m	back	AEC1	5:08,00	—	36.0	—	partial	200m
400m	back	AEC1	5:06,00	5:05,69	37.0	34	done	400m
400m	back	AEC1	5:04,00	4:54,88	38.0	36	done	400m
400m	back	AEC1	5:02,00	5:14,99	39.0	43	done	400m

Ausschwimmen

Intervalle ohne Serie

50m	free	REC	—	0:42,76	—	38	done	50m
50m	free	REC	—	0:42,33	—	38	done	50m
50m	free	REC	—	0:42,36	—	38	done	50m
50m	free	REC	—	0:43,24	—	38	done	50m