

Aikataulu

Ajan kello uinnit

Paikka:
Allas: 25m

Järjestäjä: Kouvolan Uimarit
Päivämäärä: 08.10.2023 - 08.10.2023

Session 1

| | Alkaa | Kesto | Laji | Erien määrä |
|---|-------|--------|----------------------------|-------------|
|  | 11:00 | | 1 100VU P13, 15, M | |
|  | 11:12 | | 2 100VU T12, 14, N | |
|  | 11:23 | | 20 50m BF M | |
|  | 11:25 | | 21 50m BF N | |
|  | 11:27 | | 3 50RU P11, 13, M | |
|  | 11:33 | | 4 50RU T10, 12, N | |
|  | 11:41 | | 22 200m SF M | |
|  | 11:42 | | 23 200m SF N | |
|  | 11:44 | | 5 400VU P15, M | |
|  | 11:58 | | 6 400VU T14, N | |
|  | 12:19 | | 7 50PU P11, 13, M | |
|  | 12:25 | | 8 50PU T10, 12, N | |
|  | 12:33 | | 24 4x50m SF M/N/Seka | |
|  | 12:35 | | 9 4x50VUV 2T12/2P13, 2N/2M | |
|  | 12:44 | 30 min | Verryttelytauko | |
|  | 13:14 | | 25 100m BF M | |
|  | 13:16 | | 26 100m BF N | |
|  | 13:19 | | 27 100m SF M | |
|  | 13:20 | | 28 100m SF N | |
|  | 13:23 | | 10 50SU P11, 13, M | |
|  | 13:27 | | 11 50SU T10, 12, N | |
|  | 13:31 | | 12 200SKU P15, M | |
|  | 13:44 | | 13 200SKU T14, N | |
|  | 13:57 | | 29 50m SF M | |
|  | 13:59 | | 30 50m SF N | |
|  | 14:01 | | 14 50VU P11, 13, M | |
|  | 14:06 | | 15 50VU T10, 12, N | |
|  | 14:12 | | 16 200RU P13, 15, M | |
|  | 14:21 | | 17 200RU T12, 14, N | |
|  | 14:35 | | 31 25m AP M | |
|  | 14:36 | | 32 25m AP N | |
|  | 14:38 | | 33 50m AP M | |
|  | 14:40 | | 34 50m AP N | |
|  | 14:42 | 10 min | Tauko | |
|  | 14:52 | | 18 4x50SKUV P13, M | |
|  | 14:57 | | 19 4x50SKUV T12, N | |

Jakso päättyy: 2:59 PM