

NIDZICA

— swimrun —

DYSTANS SPRINT

	Bieganie	Pływanie	Najszybszy	Najwolniejszy
Start				
R1	2350m		00:09:30	00:18:00
S1		400m	00:14:00	00:28:00
R2	250m		00:15:30	00:30:30
S2		350m	00:21:30	00:39:00
R3	1800m		00:29:30	00:52:00
S3		300m	00:33:30	01:00:00
R4	1850m		00:42:30	01:14:00
S4		350m	00:48:00	01:22:30
R5	4000m		01:04:00	01:50:30
S5		450m	01:10:00	02:02:00
META				
RAZEM	10250	1850		

 **GSWIMRUN.PL**