

**SWIMRUN S**

<b>RUN</b>	<b>SWIM</b>
1600	
	500
460	
	300
680	
	150
840	
	350
1340	
	350
840	
	150
680	
	300
460	
	500
100	
<b>7000</b>	<b>2600</b>

**SWIMRUN M**

<b>RUN</b>	<b>SWIM</b>
1600	
	500
460	
	300
680	
	150
840	
	300
1600	
	500
700	
	600
2900	
	500
1600	
	300
860	
	150
700	
	300
460	
	500
100	

<b>12500</b>	<b>4100</b>
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