

Datum	Einheit	Gesamt-Km
22.09.21	8x400m (50m G/150m T)	3,2
29.09.21	4x800m (100m G/200m T)	3,2
06.10.21	400m-800m-1000m-800m-400m (200m G/T / 300m G/T / 400m G/T)	3,4
13.10.21	3x1200m (100m G/ 400m T)	3,6