

| 2019/02/27 |     |   |   |     |     |  |      |  | T1   |      |      |       |
|------------|-----|---|---|-----|-----|--|------|--|------|------|------|-------|
| Menu       |     |   |   | Set | Cir | 内容   |      |  | Dis  | Clo  | Time |       |
| Dry        |     |   |   |     |     | 体操、Dry   |      |  |      |      |      |       |
| W-up       | 200 | x | 1 | x   | 1   | 06:00  | SKPS |  |      | 200  | 6:15 | 06:00 |
|            |     | x | 1 | x   | 1   | 23:00  | Fr   |  |      | 0    | 6:22 | 23:00 |
| S          | 200 | x | 2 | x   | 3   | 03:30  | EN1  |  |      | 1200 | 6:45 | 21:00 |
|            | 100 | x | 3 | x   | 3   | 01:45  | EN2  |  |      | 900  | 7:06 | 15:45 |
|            | 50  | x | 3 | x   | 3   | 01:00  | EN3  |  |      | 450  | 7:22 | 09:00 |
| Down       | 400 | x | 1 | x   | 1   | 08:00  |      |  |      | 400  | 7:31 | 08:00 |
| Total      |     |   |   |     |     |  |      |  | 3150 | 7:39 | 1:23 |       |

| 2019/02/27 |     |   |   |     |     |  |      |  | T2   |      |      |       |
|------------|-----|---|---|-----|-----|---|------|--|------|------|------|-------|
| Menu       |     |   |   | Set | Cir | 内容  |      |  | Dis  | Clo  | Time |       |
| Dry        |     |   |   |     |     | 体操、Dry  |      |  |      |      |      |       |
| W-up       | 200 | x | 1 | x   | 1   | 06:00   | SKPS |  |      | 200  | 6:15 | 06:00 |
|            |     | x | 1 | x   | 1   | 23:00   | Fr   |  |      | 0    | 6:22 | 23:00 |
| S          | 200 | x | 2 | x   | 3   | 03:40   | EN1  |  |      | 1200 | 6:45 | 22:00 |
|            | 100 | x | 3 | x   | 3   | 01:50   | EN2  |  |      | 900  | 7:07 | 16:30 |
|            | 50  | x | 2 | x   | 3   | 01:00   | EN3  |  |      | 300  | 7:24 | 06:00 |
| Down       | 400 | x | 1 | x   | 1   | 08:00   |      |  |      | 400  | 7:30 | 08:00 |
| Total      |     |   |   |     |     |   |      |  | 3000 | 7:38 | 1:22 |       |

| 2019/02/27 |     |   |   |     |     |  |      |  | T3   |      |      |       |
|------------|-----|---|---|-----|-----|---|------|--|------|------|------|-------|
| Menu       |     |   |   | Set | Cir | 内容  |      |  | Dis  | Clo  | Time |       |
| Dry        |     |   |   |     |     | 体操、Dry  |      |  |      |      |      |       |
| W-up       | 200 | x | 1 | x   | 1   | 06:00   | SKPS |  |      | 200  | 6:15 | 06:00 |
|            |     | x | 1 | x   | 1   | 23:00   | Fr   |  |      | 0    | 6:22 | 23:00 |
| S          | 200 | x | 2 | x   | 3   | 04:10   | EN1  |  |      | 1200 | 6:45 | 25:00 |
|            | 100 | x | 2 | x   | 3   | 02:05   | EN2  |  |      | 600  | 7:10 | 12:30 |
|            | 50  | x | 2 | x   | 3   | 01:10   | EN3  |  |      | 300  | 7:23 | 07:00 |
| Down       | 400 | x | 1 | x   | 1   | 08:00   |      |  |      | 400  | 7:30 | 08:00 |
| Total      |     |   |   |     |     |   |      |  | 2700 | 7:38 | 1:22 |       |

| 2019/02/27 |     |   |   |     |     |  |      |  | T4   |      |      |       |
|------------|-----|---|---|-----|-----|---|------|--|------|------|------|-------|
| Menu       |     |   |   | Set | Cir | 内容  |      |  | Dis  | Clo  | Time |       |
| Dry        |     |   |   |     |     | 体操、Dry  |      |  |      |      |      |       |
| W-up       | 150 | x | 1 | x   | 1   | 06:00   | チョイス |  |      | 150  | 6:15 | 06:00 |
|            |     | x | 1 | x   | 1   | 23:00   | Fr   |  |      | 0    | 6:22 | 23:00 |
| S          | 150 | x | 2 | x   | 3   | 03:30   | EN1  |  |      | 900  | 6:45 | 21:00 |
|            | 100 | x | 2 | x   | 3   | 02:20   | EN2  |  |      | 600  | 7:06 | 14:00 |
|            | 50  | x | 2 | x   | 3   | 01:10   | EN3  |  |      | 300  | 7:20 | 07:00 |
| Down       | 400 | x | 1 | x   | 1   | 08:00   |      |  |      | 400  | 7:27 | 08:00 |
| Total      |     |   |   |     |     |   |      |  | 2350 | 7:35 | 1:19 |       |