

## 28. Internationaler Deutschlandpokal 2022

### Laufübersicht

Day 1

Friday, 18. November 2022

Altersklasse	Disziplin	Läufe
Open female	200m Obstacle Swim	1 - 9
Open male	200m Obstacle Swim	10 - 18
Open female	4x50m Obstacle Relay	19 - 21
Open male	4x50m Obstacle Relay	22 - 24
Open female	Line Throw	25 - 27
Open male	Line Throw	28 - 30
Open female	100m Manikin Tow with Fins	31 - 40
Open male	100m Manikin Tow with Fins	41 - 50
Open female	4x25m Manikin Relay	51 - 53
Open male	4x25m Manikin Relay	54 - 56
Open female	50m Manikin Carry	57 - 66
Open male	50m Manikin Carry	67 - 76
Open mixed	4 x 50m Mixed Pool Lifesaver Relay	77 - 79

Day 2

Saturday, 19. November 2022

Altersklasse	Disziplin	Läufe
Open female	100m Rescue Medley	80 - 86
Open male	100m Rescue Medley	87 - 93
Open female	4x50m Medley Relay	94 - 96
Open male	4x50m Medley Relay	97 - 99
Open female	200m Super Lifesaver	100 - 109
Open male	200m Super Lifesaver	110 - 117
Open female	100m Manikin Carry with Fins	118 - 125
Open male	100m Manikin Carry with Fins	126 - 134
Open mixed	Serc	

Single

Team

Mixed