

TRI-EXPERIENCE

TRIATHLON, TRAINING EN COACHING

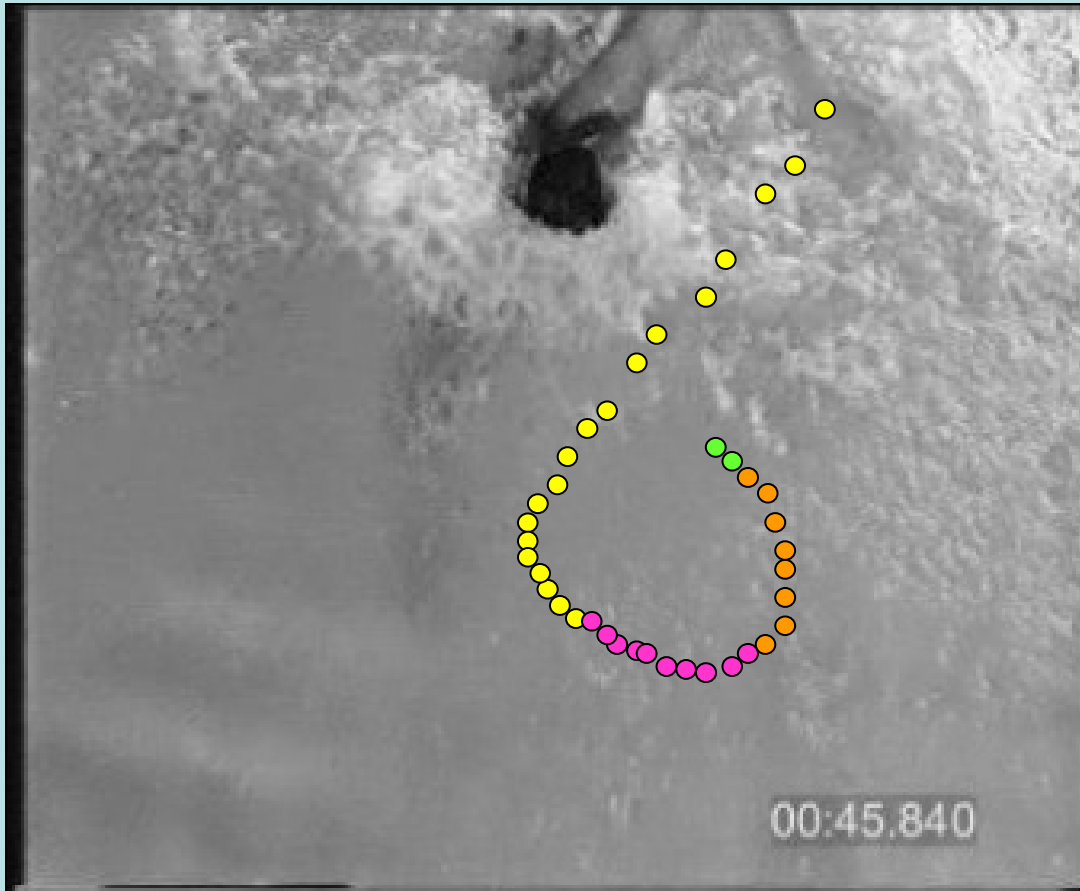


Insteek & Catch: Bovenaanzicht

Mark Foster, sprinter

50 M freestyle pr: 21:13

100 M freestyle pr: 49:65



Baan van de handpalm, waarbij:

- Insteek
- Catch
- Trekfase
- Duwfase

Laat de volgende beelden lopen met je muiswiel



00:45.840



00:45.960



00:46.040



00:46.160







00:46.440



00:46.560





00:46.760













00:47.360



00:47.440



00:47.560







00:47.840

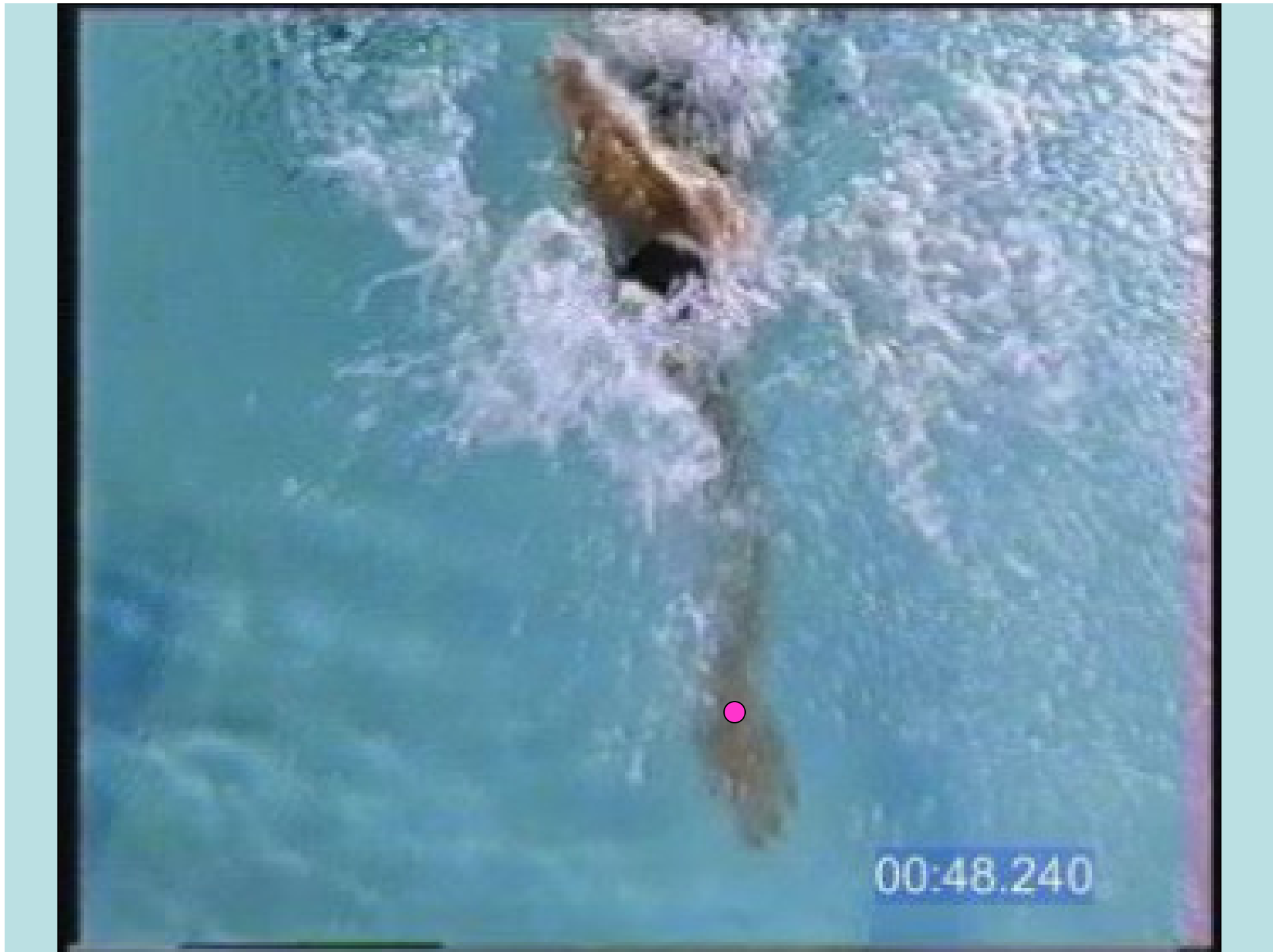




00:48.040



00:48.160







00:48.440





00:48.640



00:48.640







00:48.960











00:49.640





00:49.840





00:50.040



00:50.160

TRI-EXPERIENCE

TRIATHLON, TRAINING EN COACHING

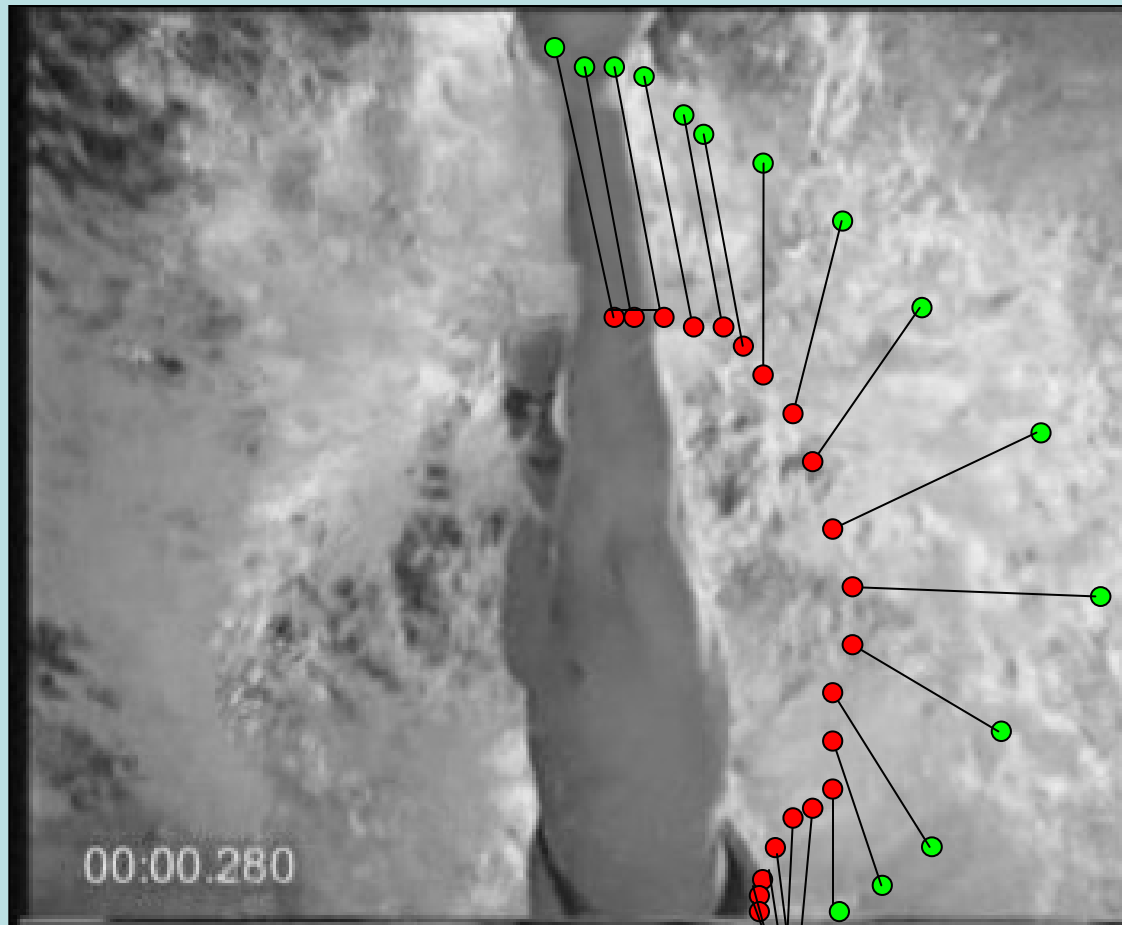


S-beweging: onderaanzicht

Mark Foster, sprinter

50 M freestyle pr: 21:13

100 M freestyle pr: 49:65



● Baan van de handpalm

● Baan van de Elleboog

Laat de volgende beelden lopen met je muiswiel



00:00.080





00:00.480

















00:02.080



00:02.280







00:02.880





00:03.280

