

# Trainingsplan Halle 2017/2018 ab 09.10.2017



	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
	Halle 2	Primus-Valor-Arena	Halle 2	Primus-Valor-Arena	Halle 2	Primus-Valor-Arena	Halle 2	Primus-Valor-Arena	Halle 2	Primus-Valor-Arena
15:30										
15:45										
16:00	MC 16:00 - 17:30	MD 16:00 - 17:30	KC 16:00 - 17:30	Minis 16:30 - 17:30	Knaben D 16:00 - 17:30	KE/ME 15:45 - 16:45	MD 16:00 - 17:30	KB 16:00 - 17:30	KC/KD 15:45 - 17:15	KD/KC 15:45 - 17:15 g/u Wochen
16:15										
16:30										
16:45										
17:00	MB 17:30 - 19:00	KA 17:30 - 19:00	KB 17:30 - 19:00	wJB 17:30 - 19:00	Ecken w 17:30 - 18:30	MC 16:45 - 18:00	wJB 17:30 - 19:30	mJB 17:30 - 19:00	KA 17:15 - 19:00	MB 17:15 - 18:45
17:15										
17:30										
17:45										
18:00	mJB 19:00 - 20:30	2. Damen 19:00 - 20:30	MA 19:00 - 20:30	1. Damen 19:00 - 20:30	MB 18:30 - 20:00	Ecken H/D 18:00 - 18:45	3. Herren AH/Senioren 19:30 - 21:00	1. Herren 19:00 - 20:30	Ecken m 18:45 - 20:15	MA 18:45 - 20:15
18:15										
18:30										
18:45										
19:00	2. Herren 20:30 - 22:00	3. Herren Senioren 20:30 - 22:00	1. Herren 20:30 - 22:00	Maria Hilf 20:00 - 21:30		Ecken H/D 18:45 - 19:30		1. Damen 20:30 - 22:00		2. Damen 20:15 - 21:30
19:15										
19:30										
19:45										
20:00						2. Damen 19:30 - 20:45				
20:15										
20:30										
20:45										
21:00						2. Herren 20:45 - 22:00				
21:15										
21:30										
21:45										
22:00										
22:15										

Mädchen D 2009 - 2010  
Mädchen C 2007 - 2008  
Mädchen B 2005 - 2006  
Mädchen A 2003 - 2004  
w. Jugend B 2001 - 2002  
w. Jugend A 1999 - 2001  
2. Damen  
1. Damen  
Minis 2011 - 2012

Silvia Philipp  
Silvia Philipp  
Tobias Stumpf  
Moritz Möker  
Calle Müller  
-  
Christopher Chorle  
Calle Müller  
Jeanette Weber

Knaben D 2009 - 2010  
Knaben C 2007 - 2008  
Knaben B 2005 - 2006  
Knaben A 2003 - 2004  
m. Jugend B 2001 - 2002  
m. Jugend A 1999 - 2001  
2. Herren  
1. Herren  
KE/ME 2010

Carlos Gomes  
Carlos Gomes  
Carlos Gomes  
Alex Vörg  
Philip Schlageter  
Ulf Stemler  
Max Friedrich  
Stephan Decher  
Silvia Philipp

