

Trainingsplan - Platzbelegung 2018



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag			
Platz	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
08.00 - 08.30																						
08.30 - 09.00																						
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15.00 - 15.30																						
15.30 - 16.00				H 65	H 65		H 55	H 55														
16.00 - 16.30				H 65	H 65		H 55	H 55														
16.30 - 17.00				H 65	H 65		H 55	H 55														
17.00 - 17.30				H 65	H 65		H 55	H 55														
17.30 - 18.00				H 65	H 65		H 55	H 55														
18.00 - 18.30																						
18.30 - 19.00																						
19.00 - 19.30																						
19.30 - 20.00																						
20.00 - 20.30																						
20.30 - 21.00																						
21.00 - 21.30																						
21.30 - 22.00																						

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