

Trainingsplan 2010

Stand 4.5.10

| | Zeit ab | Platz 1 | Platz 2 | Platz 3 | Platz 4 | Platz 5 | Platz 6 |
|-------------------|---------|-----------|-----------|------------|------------|--------------|-----------|
| Montag | 10.00 | | | Herren 65 | Herren 65 | | |
| | 15.00 | | | | | | |
| | 16.00 | | | | | | |
| | 17.00 | Jugend | Jugend | | | Jugend | |
| | 18.00 | Jugend | Jugend | | | Jugend | |
| | 19.00 | | | | | | |
| | 20.00 | | | | | | |
| Dienstag | 15.00 | | | Jugend | | | |
| | 16.00 | | | Jugend | | | |
| | 17.00 | | | Jugend | | Damen 50 | |
| | 18.00 | | | Jugend | Damen I | Damen 50 | |
| | 19.00 | | | | Damen I | | |
| | 20.00 | | | | Damen I | | |
| Mittwoch | 15.00 | | | | | | |
| | 16.00 | | | | | | |
| | 17.00 | Hobby H | Hobby H | | Hobby D | | |
| | 18.00 | Hobby H | Hobby H | | Hobby D | Jugend | |
| | 19.00 | | | | | Jugend | |
| | 20.00 | | | | | | |
| Donnerstag | 14.00 | | | Jugend | | | |
| | 15.00 | | | Jugend | | | |
| | 16.00 | | | Jugend | Jugend | | |
| | 17.00 | | | Jugend | Jugend | Herren 40 II | Herren 50 |
| | 18.00 | | | Jugend | Jugend | Herren 40 II | Herren 50 |
| | 19.00 | | | | Damen I | Herren 40 II | Herren 50 |
| | 20.00 | | | | Damen I | | |
| Freitag | 15.00 | | | | | | |
| | 16.00 | | | | | | |
| | 17.00 | Herren 30 | Herren 30 | Herren 40I | Herren 40I | Jugend | |
| | 18.00 | Herren 30 | Herren 30 | Herren 40I | Herren 40I | | |
| | 19.00 | Herren 30 | Herren 30 | Herren 40I | Herren 40I | | |
| | 20.00 | | | | | | |