

ZEITPLAN SONNTAG

8.00 - 8.15	Ladys Cup	Freies Training	12 Min.
8.16 - 8.31	Super/Inter/Hobby	Freies Training	15 Min
8.32 - 8.47	Super/Inter/Hobby	Freies Training	15 Min
8.48 - 9.03	Super/Inter/Hobby	Freies Training	15 Min
9.04 - 9.19	Super/Inter/Hobby	Freies Training	15 Min
9.20 - 9.35	Super/Inter/Hobby	Freies Training	15 Min
9.45 - 10.00	Ladys Cup	Zeit Training	12 Min
10.01 - 10.16	Super/Inter/Hobby	Zeit Training	15 Min
10.17 - 10.32	Super/Inter/Hobby	Zeit Training	15 Min
10.33 - 10.48	Super/Inter/Hobby	Zeit Training	15 Min
10.49 - 11.04	Super/Inter/Hobby	Zeit Training	15 Min
11.05 - 11.20	Super/Inter/Hobby	Zeit Training	15 Min
11.21 - 11.36	Super/Inter/Hobby	Zeit Training	15 Min
MITTAGSPAUSE			
12.40 - 13.00	Ladys Cup	1. Lauf	12 Min + 2 Runden
13.00 - 13.20	Hobby C	1. Lauf	12 Min + 2 Runden
13.20 - 13.40	Hobby B	1. Lauf	12 Min + 2 Runden
13.40 - 14.00	Hobby A	1. Lauf	12 Min + 2 Runden
14.00 - 14.20	Inter Class	1. Lauf	15 Min + 2 Runden
14.20 - 14.45	Super Class	1. Lauf	20 Min + 2 Runden
PAUSE			
15.00 - 15.20	Ladys Cup	2. Lauf	12 Min + 2 Runden
15.20 - 15.40	Hobby C	2. Lauf	12 Min + 2 Runden
15.40 - 16.00	Hobby B	2. Lauf	12 Min + 2 Runden
16.00 - 16.20	Hobby A	2. Lauf	12 Min + 2 Runden
16.20 - 16.40	Inter Class	2. Lauf	15 Min + 2 Runden
16.40 - 17.05	Super Class	2. Lauf	20 Min + 2 Runden