

# Mädchen / Knaben C 1(04/05)



## Mädchen

## Knaben

### Gruppe 1

- 1 Julie Gruner
- 2 Melissa Kempmann
- 3 Lucy Kibben
- 4 Marie März
- 5 Antonia Mook
- 6 Sophia Pederiva
- 7 Paula Schweißthal
- 8 Jule Weber
- 9

### Gruppe 2

- Hanna Blum
- Mariella Bisceglia
- Lea Hellmann
- Nia Hellmann
- Jana Hill
- Lea Müller
- Amelie Reimann
- Finja Roll
- Finja Zurawski

### Gruppe 1

- Tom Bordin
- Can-Luca Colnar
- Henry König
- Moritz Osthoff (Mo-E)

### Gruppe 2

- Finn Amerkamp
- Noah Bergforth
- Tim Gärtner
- Jannes Rink
- Frederik Schmidt

Carla Wagner (TW)

Tobias Poppe (TW) Gero Pohl (TW)

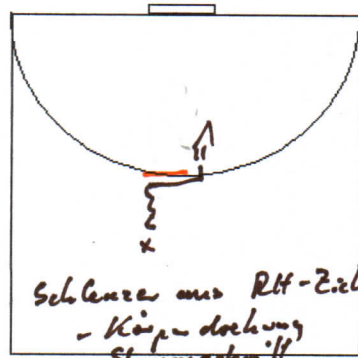
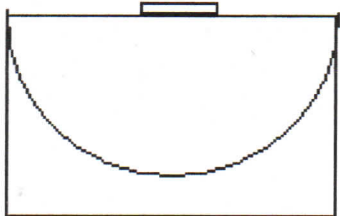
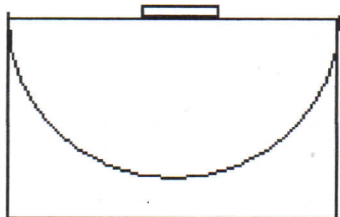
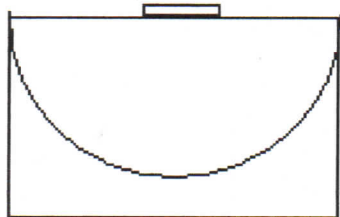
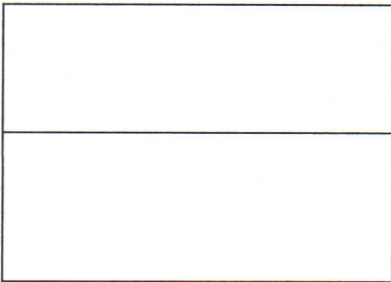
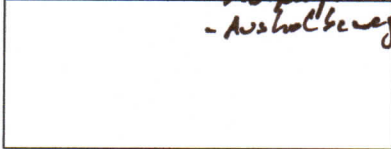
Mo 17.15-19.20-GHZ

C1 Athl. 17.15-18.00  
Halle 18.00-19.20  
RK - LB - LKö - FK - MR - AS (Ath)  
RK - MM - KH - LD

Do 15.45-18.15-GHZ

C1 Halle 15.45-17.30  
13.11. Athl. 17.30-18.15  
RK - RO - NG (Ath)  
RK - KH - MS

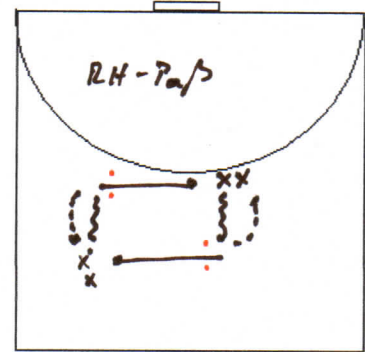
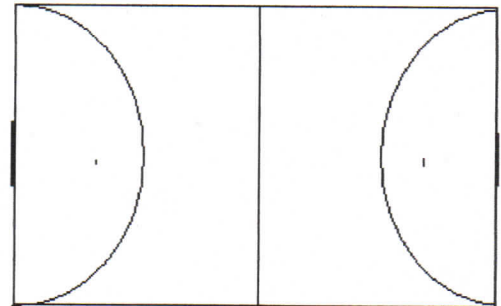
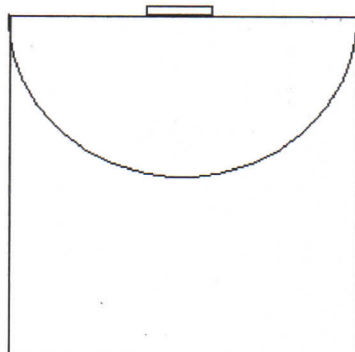
x → x immer über die Mitte  
↑ über re. Fuß  
- vorblocken  
- Körperposition  
- Ausholbewegung



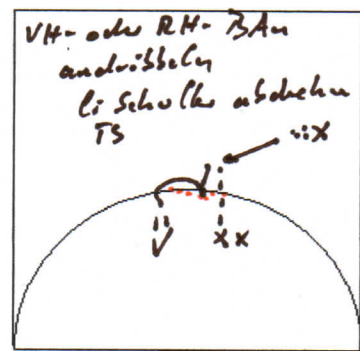
Schleuse aus RH-Zirkel  
- Körperdrehung  
- Stammeschwiff



VH- Läufer verschleppt zu Fü



RH-Paß



VH- oder RH- Bau  
andrißbeln  
li Schulke abdrücken  
TS

