

Mädchen D (06/07)



	Gr. 1	Gr. 2	Gr. 3	
1	Amelie Dilla	Nele Denzer	Lotta Lettgen	Johanna Schweers
2	Jette Kibben	Nele Dubiel	Merit Dietz	Hannah Pavsek
3	Greta Helmholz	Annkathrin Schmidt	Lara Siebert	
4	Hanna König	Kathi Wüllenweber	Mona Strucksberg	
5		Enya Zurawski	Madeline Siegeler	
6		Mia Schardt	Hannah Biel	
7				
8				

TW

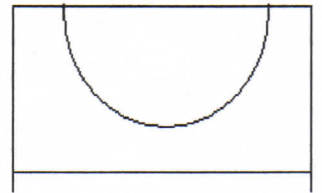
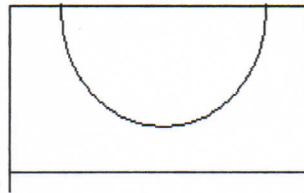
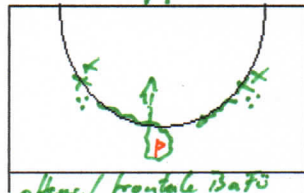
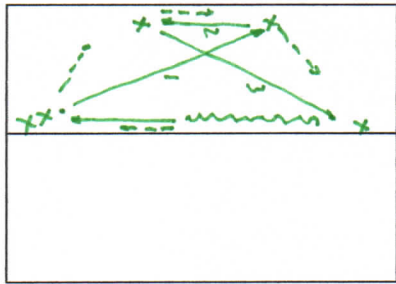
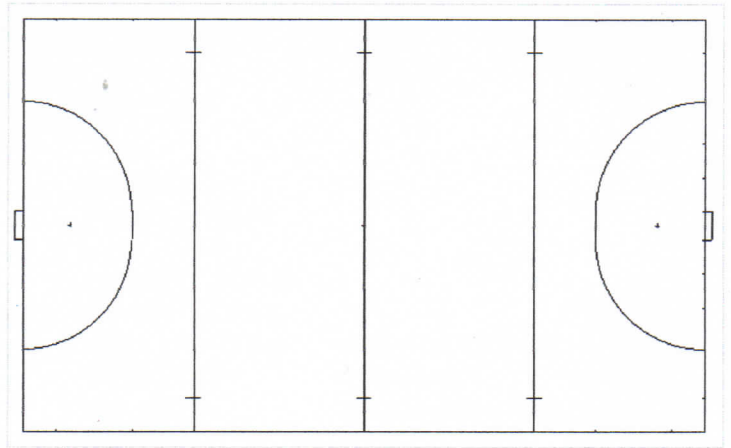
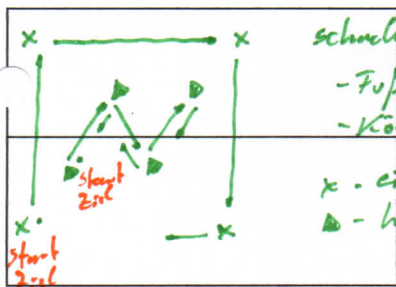
DI 15.30-17.15

Platz 15.30-16.45
Athl. 16.45-17.15
RK - KH - LiB

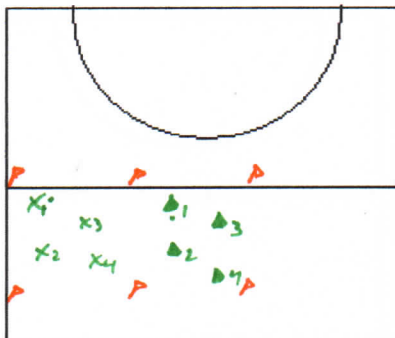
SA 10.00-11.30

Platz 10.00-11.30
SH - KH - MaS - TD

Was ist schneller?



offene/frontale Start
enges, flüssiges umrunden
raus beschleunigen
schnelles TS



2 Teams x₁-x₄
a₁-a₄
x und a passen in ihren Zonen
wird eine Zahl gerufen müssen
die beiden ihr Feld wechseln
und sich neu orientieren

