

Mädchen / Knaben C 1(03/04)



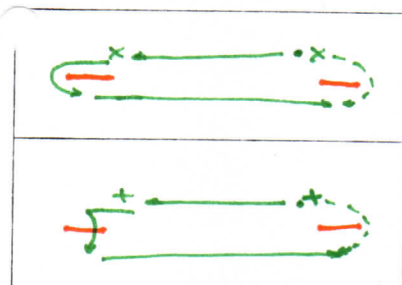
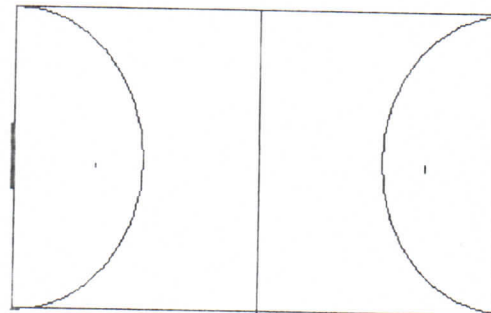
- Mädchen
- 1 Amelie Amerkamp
 - 2 Jule Dalbram
 - 3 Lilly Hülsken
 - 4 Melissa Kempmann
 - 5 Lucy Kibben
 - 6 Marie März
 - 7 Sophia Pederiva
 - 8 Maya Roesler
 - 9 Jule Weber
 - 10 Mara v.d.Sand
 - 11 Mariele Windelschmidt
 - 12 Lilly Hülsken
 - 13 Antonia Mook
 - 14 Anna Wüllenweber

- Knaben
- Joe Bayer
Tom Bordin
Max Bruns
Can-Luca Colnar
Felix Denzer
Tim Gärtners
Henry König

Do 16.45-18.30-Weyer
20.03. Halle 17.00-18.30
Köln

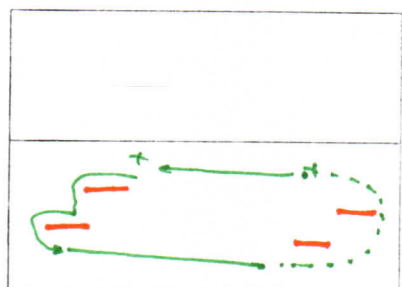
Bente Hamacher (TW)

Nico Kraemer (TW)
Tobias Poppe (TW)

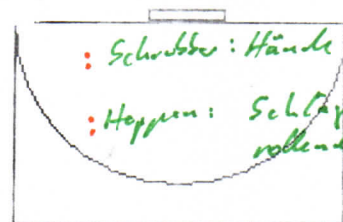


weiche BAn/BaMi
Schrotte

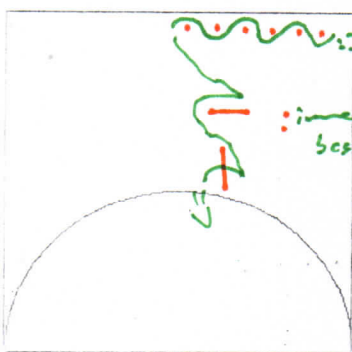
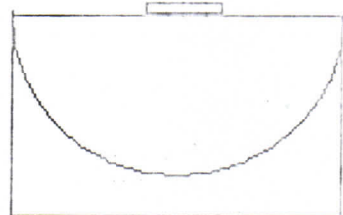
weiche BAn/BaMi
quer hopp-
Schrotte



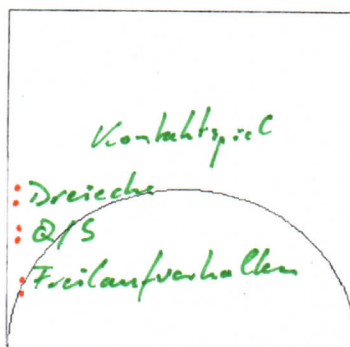
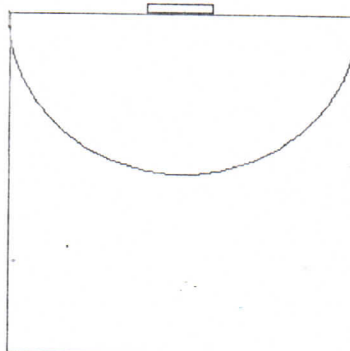
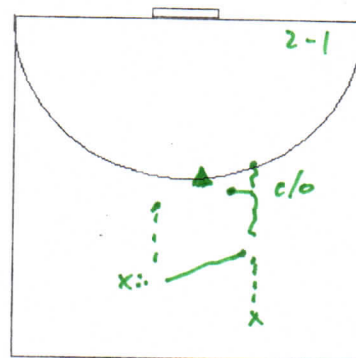
weiche BAn/BaMi:
2H-Ziehen
vor Beschleunigung-
Schrotte



: Schrotte: Hände !!!
: Hopp: Schlagstellung
rollendes Ball



: immer wieder
beschleunigung



Kontaktp: c
: Dreiecke
: Q/S
: Freilaufverhalten