

Trainer:

IAT Leipzig/BVDG

## WOCHENPLAN

**BVDG**BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:01/2017

K1-7: 336Wh/59kg/19,9t					K1-5: 271Wh/66kg/17,8t					Bel.: m																																				
K1: 81					K2: 24					K3: 80					K4:					K5: 86					K6: 65					K7:																
<b>1</b>	18	65	70	3	<b>6</b>	24	68	72	4	<b>13</b>	30	62	68	5					<b>19</b>	46	65	72	5	<b>25</b>	40	22	26	10					<b>20</b>	40	75	80	10	<b>26</b>	25	48	53	5				
<b>3</b>	21	65	70	3						<b>14</b>	50	63	68	5																																
<b>4</b>	24	62	66	4																																										
<b>5</b>	18	65	70	3																																										
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																												
<b>4</b>	$\frac{55}{4}$	$\frac{61}{4}$ <sub>2</sub>	$\frac{64}{4}$ <sub>2</sub>	$\frac{66}{4}$																														24	62	66										
<b>26</b>	$\frac{40}{5}$	$\frac{45}{5}$	$\frac{50}{5}$	$\frac{53}{5}$ <sub>2</sub>																														25	48	53										
<b>14</b>	$\frac{55}{5}$	$\frac{60}{5}$	$\frac{65}{5}$ <sub>2</sub>	$\frac{68}{5}$ <sub>2</sub>																														30	64	68										
<b>19</b>	$\frac{60}{8}$ <sub>2</sub>	$\frac{65}{7}$ <sub>2</sub>	$\frac{70}{6}$	$\frac{72}{5}$ <sub>2</sub>																														46	65	72										
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																												
<b>6</b>	$\frac{62}{4}$	$\frac{66}{4}$ <sub>2</sub>	$\frac{70}{4}$ <sub>2</sub>	$\frac{72}{4}$																														24	68	72										
<b>5</b>	$\frac{60}{3}$ <sub>2</sub>	$\frac{65}{3}$ <sub>2</sub>	$\frac{70}{3}$ <sub>2</sub>																														18	65	70											
<b>13</b>	$\frac{55}{5}$ <sub>2</sub>	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{68}{5}$ <sub>2</sub>																														30	62	68										
<b>25</b>	$\frac{16}{10}$	$\frac{21}{10}$	$\frac{26}{10}$ <sub>2</sub>																														40	22	26											
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																												
<b>1</b>	$\frac{60}{3}$ <sub>2</sub>	$\frac{65}{3}$ <sub>2</sub>	$\frac{70}{3}$ <sub>2</sub>																														18	65	70											
<b>3</b>	$\frac{60}{3}$ <sub>2</sub>	$\frac{65}{3}$ <sub>2</sub>	$\frac{68}{3}$	$\frac{70}{3}$ <sub>2</sub>																														21	65	70										
<b>14</b>	$\frac{55}{5}$	$\frac{60}{5}$	$\frac{65}{5}$ <sub>2</sub>																														20	61	65											
<b>20</b>	$\frac{65}{10}$	$\frac{75}{10}$	$\frac{80}{10}$ <sub>2</sub>																														40	75	80											

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BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:02/2017

K1-7: 417Wh/63kg/26,3t					K1-5: 347Wh/69kg/23,8t					Bel.: h																								
K1: 84					K2: 48					K3: 105					K4:					K5: 110					K6: 70					K7:				
1	21	67	72	3	6	24	70	74	4	13	60	66	72	5						19	50	68	75	5	25	40	25	30	10					
3	18	67	72	3	7	24	59	64	4	14	45	67	72	5						20	60	79	83	10	26	30	50	55	5					
4	24	66	70	4																														
5	21	68	74	3																														
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																	
4	$\frac{60}{4}$	$\frac{65}{4}$ <sub>2</sub>	$\frac{68}{4}$ <sub>2</sub>	$\frac{70}{4}$																24	66	70												
14	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{72}{5}$ <sub>2</sub>																25	68	72												
19	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{75}{5}$ <sub>2</sub>																25	69	75												
25	$\frac{15}{10}$	$\frac{23}{10}$	$\frac{30}{10}$ <sub>2</sub>																	40	25	30												
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																	
7	$\frac{54}{4}$ <sub>2</sub>	$\frac{58}{4}$	$\frac{62}{4}$ <sub>2</sub>	$\frac{64}{4}$																24	59	64												
5	$\frac{58}{3}$	$\frac{63}{3}$	$\frac{67}{3}$	$\frac{71}{3}$ <sub>2</sub>	$\frac{74}{3}$ <sub>2</sub>															21	68	74												
13	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$ <sub>2</sub>	$\frac{72}{5}$ <sub>2</sub>																30	68	72												
19	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$ <sub>3</sub>																	25	67	70												
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																	
1	$\frac{60}{3}$	$\frac{64}{3}$ <sub>2</sub>	$\frac{68}{3}$ <sub>2</sub>	$\frac{72}{3}$ <sub>2</sub>																21	67	72												
3	$\frac{60}{3}$	$\frac{64}{3}$	$\frac{68}{3}$ <sub>2</sub>	$\frac{72}{3}$ <sub>2</sub>																18	67	72												
14	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{68}{5}$ <sub>2</sub>																	20	65	68												
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																	
6	$\frac{64}{4}$	$\frac{68}{4}$ <sub>2</sub>	$\frac{72}{4}$ <sub>2</sub>	$\frac{74}{4}$																24	70	74												
26	$\frac{45}{5}$ <sub>2</sub>	$\frac{49}{5}$	$\frac{52}{5}$	$\frac{55}{5}$ <sub>2</sub>																30	50	55												
13	$\frac{60}{5}$ <sub>2</sub>	$\frac{65}{5}$ <sub>2</sub>	$\frac{68}{5}$ <sub>2</sub>																	30	64	68												
20	$\frac{70}{10}$	$\frac{75}{10}$	$\frac{80}{10}$ <sub>2</sub>	$\frac{83}{10}$ <sub>2</sub>																60	79	83												

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DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:03/2017

K1-7: 424Wh/66kg/28,0t					K1-5: 359Wh/71kg/25,6t					Bel.: h														
K1: 81			K2: 42		K3: 120			K4:		K5: 116		K6: 65	K7:											
1	18	71	74	3	6	18	71	76	3	13	60	68	75	5	19	60	72	79	5	25	40	28	32	10
3	18	70	74	3	7	24	63	68	4	14	60	70	75	5	20	56	81	87	8	26	25	53	59	5
4	24	70	74	4																				
5	21	71	77	3																				
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
7	$\frac{56}{4}$	$\frac{61}{4}$	$\frac{66}{4}$	$\frac{68}{4}$										24	63	68								
5	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{77}{3}$										21	71	77								
13	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{75}{5}$										30	69	75								
19	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{79}{5}$										30	74	79								
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
4	$\frac{65}{4}$	$\frac{70}{4}$	$\frac{72}{4}$	$\frac{74}{4}$										24	70	74								
14	$\frac{65}{5}$	$\frac{70}{5}$												25	69	70								
20	$\frac{75}{8}$	$\frac{80}{8}$	$\frac{85}{8}$	$\frac{87}{8}$										56	81	87								
25	$\frac{20}{10}$	$\frac{26}{10}$	$\frac{32}{10}$											40	28	32								
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
1	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{72}{3}$	$\frac{74}{3}$										18	71	74								
3	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{72}{3}$	$\frac{74}{3}$										18	70	74								
14	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{73}{5}$	$\frac{75}{5}$										35	70	75								
19	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{75}{5}$										30	70	75								
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
6	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{76}{3}$										18	71	76								
26	$\frac{45}{5}$	$\frac{50}{5}$	$\frac{53}{5}$	$\frac{56}{5}$	$\frac{59}{5}$									25	53	59								
13	$\frac{60}{5}$	$\frac{65}{5}$	$\frac{70}{5}$											30	67	70								

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## WOCHENPLAN

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Woche:04/2017

Jugend Verein u17 Musterplan

K1-7: 307Wh/67kg/20,6t					K1-5: 237Wh/75kg/17,8t					Bel.: g																																	
K1: 54			K2: 36		K3: 79			K4:		K5: 68		K6: 70		K7:																													
<b>1</b>	18	73	77	3	<b>6</b>	18	74	79	3	<b>13</b>	30	72	78	5			<b>19</b>	28	75	82	4	<b>25</b>	40	29	34	8																	
<b>3</b>	15	72	77	3	<b>7</b>	18	65	71	3	<b>14</b>	49	74	79	4			<b>20</b>	40	86	92	8	<b>26</b>	30	55	62	5																	
<b>5</b>	21	74	80	3																																							
<b>TÜ</b>	Montag 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>																													
<b>6</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{77}{3}$	$\frac{79}{3}$																		18	74	79																		
<b>5</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{78}{3}$	$\frac{80}{3}$																					21	74	80															
<b>13</b>	$\frac{65}{5}$	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{78}{5}$																									30	72	78												
<b>19</b>	$\frac{65}{4}$	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{79}{4}$	$\frac{82}{4}$																										28	75	82										
<b>TÜ</b>	Mittwoch 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>																													
<b>7</b>	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{68}{3}$	$\frac{71}{3}$																														18	65	71							
<b>26</b>	$\frac{48}{5}$	$\frac{53}{5}$	$\frac{57}{5}$	$\frac{60}{5}$	$\frac{62}{5}$																															30	55	62					
<b>14</b>	$\frac{68}{5}$	$\frac{72}{5}$	$\frac{75}{5}$																																			25	73	75			
<b>20</b>	$\frac{80}{8}$	$\frac{85}{8}$	$\frac{90}{8}$	$\frac{92}{8}$																																		40	86	92			
<b>TÜ</b>	Freitag 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>																													
<b>1</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{75}{3}$	$\frac{77}{3}$																																		18	73	77		
<b>3</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{75}{3}$	$\frac{77}{3}$																																			15	72	77	
<b>14</b>	$\frac{68}{4}$	$\frac{72}{4}$	$\frac{75}{4}$	$\frac{77}{4}$	$\frac{79}{4}$																																				24	75	79
<b>25</b>	$\frac{20}{8}$	$\frac{26}{8}$	$\frac{32}{8}$	$\frac{34}{8}$																																					40	29	34

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**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:05/2017

K1-7: 411Wh/72kg/29,6t					K1-5: 351Wh/77kg/27,2t					Bel.: h														
K1: 75			K2: 42		K3: 102			K4:		K5: 132		K6: 60		K7:										
1	18	74	80	3	6	21	74	80	3	13	49	75	82	4	19	54	77	85	4	25	40	31	36	8
3	15	74	80	3	7	21	67	73	3	14	53	76	82	4	20	78	87	96	5	26	20	58	64	4
4	21	76	81	3																				
5	21	78	85	3																				
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>							
7	$\frac{60}{3}$	$\frac{65}{3}$ <sub>2</sub>	$\frac{68}{3}$ <sub>2</sub>	$\frac{71}{3}$	$\frac{73}{3}$							21	67	73										
5	$\frac{70}{3}$ <sub>2</sub>	$\frac{75}{3}$	$\frac{80}{3}$ <sub>2</sub>	$\frac{83}{3}$	$\frac{85}{3}$							21	78	85										
13	$\frac{67}{4}$	$\frac{72}{4}$	$\frac{77}{4}$	$\frac{80}{4}$ <sub>2</sub>	$\frac{82}{4}$							24	76	82										
20	$\frac{77}{8}$	$\frac{82}{8}$	$\frac{87}{8}$	$\frac{90}{8}$ <sub>3</sub>								48	86	90										
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>							
4	$\frac{67}{3}$	$\frac{72}{3}$	$\frac{76}{3}$ <sub>2</sub>	$\frac{79}{3}$ <sub>2</sub>	$\frac{81}{3}$							21	76	81										
14	$\frac{68}{4}$	$\frac{73}{4}$	$\frac{77}{4}$ <sub>2</sub>	$\frac{80}{4}$ <sub>2</sub>	$\frac{82}{4}$							28	77	82										
19	$\frac{67}{4}$	$\frac{72}{4}$	$\frac{77}{4}$	$\frac{80}{4}$	$\frac{83}{4}$	$\frac{85}{4}$							24	77	85									
25	$\frac{23}{8}$	$\frac{28}{8}$	$\frac{33}{8}$	$\frac{36}{8}$ <sub>2</sub>								40	31	36										
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>							
1	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$ <sub>2</sub>	$\frac{78}{3}$	$\frac{80}{3}$							18	74	80										
3	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{78}{3}$	$\frac{80}{3}$							15	74	80										
14	$\frac{68}{5}$	$\frac{73}{5}$	$\frac{77}{5}$ <sub>3</sub>									25	74	77										
19	$\frac{67}{5}$	$\frac{72}{5}$	$\frac{77}{5}$	$\frac{80}{5}$ <sub>3</sub>								30	76	80										
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>							
6	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$ <sub>2</sub>	$\frac{77}{3}$ <sub>2</sub>	$\frac{80}{3}$							21	74	80										
26	$\frac{50}{4}$	$\frac{55}{4}$	$\frac{59}{4}$	$\frac{62}{4}$	$\frac{64}{4}$							20	58	64										
13	$\frac{67}{5}$	$\frac{72}{5}$	$\frac{77}{5}$ <sub>3</sub>									25	74	77										
20	$\frac{77}{5}$	$\frac{82}{5}$	$\frac{87}{5}$	$\frac{90}{5}$	$\frac{93}{5}$	$\frac{96}{5}$							30	88	96									

## WOCHENPLAN


**BVDG**

 BUNDESVERBAND  
 DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:06/2017

K1-7: 366Wh/75kg/27,3t					K1-5: 318Wh/79kg/25,3t					Bel.: h																
K1: 64			K2: 36			K3: 94			K4:		K5: 124		K6: 48		K7:											
1	21	76	83	3	6	18	76	82	3	13	49	77	84	4			19	49	78	87	4	25	28	31	36	7
3	18	76	83	3	7	18	68	75	3	14	45	77	84	4			20	75	90	99	5	26	20	60	67	4
4	15	77	83	3																						
5	10	80	87	2																						
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>												
7	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$																		18	68	75		
5	$\frac{72}{2}$	$\frac{76}{2}$	$\frac{80}{2}$	$\frac{84}{2}$	$\frac{87}{2}$																		10	80	87	
13	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$																			25	76	80		
19	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{85}{4}$	$\frac{87}{4}$																		24	80	87		
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>												
4	$\frac{68}{3}$	$\frac{74}{3}$	$\frac{78}{3}$	$\frac{81}{3}$	$\frac{83}{3}$																		15	77	83	
14	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$																			25	76	80		
20	$\frac{83}{5}$	$\frac{88}{5}$	$\frac{93}{5}$	$\frac{97}{5}$	$\frac{99}{5}$																		35	93	99	
25	$\frac{25}{7}$	$\frac{29}{7}$	$\frac{33}{7}$	$\frac{36}{7}$																		28	31	36		
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>												
1	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{77}{3}$	$\frac{80}{3}$	$\frac{83}{3}$																		21	76	83	
3	$\frac{65}{3}$	$\frac{72}{3}$	$\frac{77}{3}$	$\frac{81}{3}$	$\frac{83}{3}$																		18	76	83	
14	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{84}{4}$																		20	78	84		
19	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$																			25	76	80		
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>												
6	$\frac{67}{3}$	$\frac{72}{3}$	$\frac{76}{3}$	$\frac{78}{3}$	$\frac{80}{3}$	$\frac{82}{3}$																	18	76	82	
26	$\frac{55}{4}$	$\frac{60}{4}$	$\frac{63}{4}$	$\frac{67}{4}$																		20	60	67		
13	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{84}{4}$																		24	77	84		
20	$\frac{80}{8}$	$\frac{85}{8}$	$\frac{90}{8}$																			40	87	90		

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BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:07/2017

K1-7: 250Wh/66kg/16,5t					K1-5: 196Wh/74kg/14,5t					Bel.: g																								
K1: 64					K2: 30					K3: 48					K4:					K5: 54					K6: 54					K7:				
<b>1</b>	15	71	78	3	<b>6</b>	14	73	79	2	<b>13</b>	24	72	79	4					<b>19</b>	24	73	83	4	<b>25</b>	30	26	32	5						
<b>3</b>	15	71	78	3	<b>7</b>	16	62	69	2	<b>14</b>	24	73	79	4					<b>20</b>	30	87	96	5	<b>26</b>	24	55	62	4						
<b>4</b>	18	73	78	3																														
<b>5</b>	16	75	83	2																														
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>6</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{77}{3}$	$\frac{79}{2}$													14	73	79														
<b>5</b>	$\frac{70}{3}$ <sub>2</sub>	$\frac{75}{3}$ <sub>2</sub>	$\frac{80}{2}$	$\frac{83}{2}$														16	75	83														
<b>13</b>	$\frac{67}{4}$ <sub>2</sub>	$\frac{71}{4}$ <sub>2</sub>	$\frac{75}{4}$	$\frac{79}{4}$														24	72	79														
<b>19</b>	$\frac{65}{4}$ <sub>2</sub>	$\frac{72}{4}$ <sub>2</sub>	$\frac{79}{4}$	$\frac{83}{4}$														24	73	83														
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>7</b>	$\frac{55}{3}$	$\frac{60}{3}$	$\frac{63}{3}$ <sub>2</sub>	$\frac{66}{2}$	$\frac{69}{2}$													16	62	69														
<b>4</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{73}{3}$ <sub>2</sub>	$\frac{76}{3}$	$\frac{78}{3}$													18	73	78														
<b>26</b>	$\frac{45}{4}$	$\frac{50}{4}$	$\frac{55}{4}$	$\frac{58}{4}$	$\frac{60}{4}$	$\frac{62}{4}$												24	55	62														
<b>25</b>	$\frac{20}{10}$	$\frac{25}{8}$	$\frac{30}{7}$	$\frac{32}{5}$														30	26	32														
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>															<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>1</b>	$\frac{65}{3}$	$\frac{70}{3}$ <sub>2</sub>	$\frac{74}{3}$	$\frac{78}{3}$														15	71	78														
<b>3</b>	$\frac{65}{3}$	$\frac{70}{3}$ <sub>2</sub>	$\frac{74}{3}$	$\frac{78}{3}$														15	71	78														
<b>14</b>	$\frac{65}{4}$	$\frac{69}{4}$	$\frac{73}{4}$ <sub>2</sub>	$\frac{76}{4}$	$\frac{79}{4}$													24	73	79														
<b>20</b>	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$	$\frac{90}{5}$	$\frac{93}{5}$	$\frac{96}{5}$												30	87	96														

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:08/2017

K1-7: 318Wh/74kg/23,6t					K1-5: 270Wh/80kg/21,6t					Bel.: h																			
K1: 76			K2: 36		K3: 98			K4:		K5: 60		K6: 48		K7:															
<b>1</b>	36	79	88	3	<b>6</b>	18	79	86	3	<b>13</b>	50	80	88	4						<b>19</b>	40	81	91	3	<b>25</b>	30	29	37	5
<b>3</b>	24	79	88	2	<b>7</b>	18	67	76	3	<b>14</b>	48	79	87	3						<b>20</b>	20	95	105	4	<b>26</b>	18	63	70	3
<b>5</b>	16	81	91	2																									
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>												
<b>1</b>	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$ <sub>2</sub>	$\frac{83}{3}$ <sub>2</sub>														18	79	83									
<b>5</b>	$\frac{75}{3}$ <sub>2</sub>	$\frac{80}{2}$ <sub>2</sub>	$\frac{85}{2}$	$\frac{88}{2}$	$\frac{91}{2}$													16	81	91									
<b>13</b>	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{84}{4}$	$\frac{88}{4}$													20	79	88									
<b>19</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{88}{3}$	$\frac{91}{3}$													15	84	91									
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>												
<b>7</b>	$\frac{55}{3}$	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{76}{3}$												18	67	76									
<b>3</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{84}{2}$ <sub>2</sub>														10	79	84									
<b>14</b>	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{87}{3}$ <sub>2</sub>													18	81	87									
<b>25</b>	$\frac{25}{5}$	$\frac{30}{5}$	$\frac{34}{5}$	$\frac{37}{5}$	$\frac{25}{5}$ <sub>2</sub>													30	29	37									
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>												
<b>1</b>	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{83}{3}$	$\frac{86}{3}$	$\frac{88}{3}$												18	80	88									
<b>3</b>	$\frac{70}{2}$	$\frac{75}{2}$ <sub>2</sub>	$\frac{80}{2}$ <sub>2</sub>	$\frac{85}{2}$	$\frac{88}{2}$													14	79	88									
<b>14</b>	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$ <sub>4</sub>															30	78	80									
<b>20</b>	$\frac{85}{4}$	$\frac{90}{4}$	$\frac{95}{4}$	$\frac{100}{4}$	$\frac{105}{4}$													20	95	105									
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>												
<b>6</b>	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$ <sub>2</sub>	$\frac{83}{3}$	$\frac{86}{3}$													18	79	86									
<b>26</b>	$\frac{55}{3}$	$\frac{60}{3}$ <sub>2</sub>	$\frac{65}{3}$ <sub>2</sub>	$\frac{70}{3}$														18	63	70									
<b>13</b>	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$ <sub>3</sub>														30	80	85									
<b>19</b>	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$ <sub>2</sub>														25	79	85									



## WOCHENPLAN


**BVDG**

 BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:09/2017

K1-7: 289Wh/76kg/21,8t					K1-5: 241Wh/82kg/19,8t					Bel.: h																														
K1: 56					K2: 29					K3: 88					K4:					K5: 68					K6: 48					K7:										
<b>1</b>	20	81	90	2	<b>6</b>	14	78	88	2	<b>13</b>	48	81	91	3							<b>19</b>	40	82	94	3	<b>25</b>	30	33	39	5										
<b>3</b>	20	81	90	2	<b>7</b>	15	67	78	2	<b>14</b>	40	81	90	3							<b>20</b>	28	98	109	4	<b>26</b>	18	62	71	3										
<b>5</b>	16	82	93	2																																				
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>																			<b>WH</b>	<b>MHG</b>	<b>BW</b>																		
<b>1</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{83}{2}$																					8	77	83													
<b>5</b>	$\frac{73}{3}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{88}{2}$	$\frac{91}{2}$	$\frac{93}{2}$																			16	82	93													
<b>14</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{87}{3}$	$\frac{90}{3}$																				15	83	90													
<b>19</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{94}{3}$																				15	85	94													
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>																			<b>WH</b>	<b>MHG</b>	<b>BW</b>																		
<b>7</b>	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{78}{2}$																				15	67	78													
<b>3</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{84}{2}$																					10	79	84													
<b>13</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{84}{3}$	$\frac{88}{3}$	$\frac{91}{3}$																				18	82	91													
<b>20</b>	$\frac{90}{4}$	$\frac{95}{4}$	$\frac{100}{4}$	$\frac{105}{4}$	$\frac{109}{4}$																				28	98	109													
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>																			<b>WH</b>	<b>MHG</b>	<b>BW</b>																		
<b>1</b>	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{83}{2}$	$\frac{86}{2}$	$\frac{88}{2}$	$\frac{90}{2}$																			12	84	90													
<b>3</b>	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{88}{2}$	$\frac{90}{2}$																				10	84	90													
<b>14</b>	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$																					25	79	85													
<b>25</b>	$\frac{25}{5}$	$\frac{30}{5}$	$\frac{34}{5}$	$\frac{37}{5}$	$\frac{39}{5}$																				30	33	39													
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>																			<b>WH</b>	<b>MHG</b>	<b>BW</b>																		
<b>6</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{88}{2}$																				14	78	88													
<b>26</b>	$\frac{52}{3}$	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{71}{3}$																				18	62	71													
<b>13</b>	$\frac{70}{5}$	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$																					30	80	85													
<b>19</b>	$\frac{75}{5}$	$\frac{80}{5}$	$\frac{85}{5}$																						25	80	85													

## WOCHENPLAN


**BVDG**

 BUNDESVERBAND  
 DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:10/2017

K1-7: 230Wh/72kg/16,6t					K1-5: 192Wh/78kg/15,0t					Bel.: g														
K1: 45			K2: 28		K3: 54			K4:		K5: 65		K6: 38	K7:											
<b>1</b>	18	73	85	3	<b>6</b>	14	75	84	2	<b>13</b>	36	76	86	3	<b>19</b>	21	79	89	3	<b>25</b>	20	27	36	3
<b>3</b>	12	73	85	2	<b>7</b>	14	63	72	2	<b>14</b>	18	78	86	3	<b>20</b>	44	91	104	3	<b>26</b>	18	56	65	3
<b>5</b>	15	76	88	2																				
<b>TÜ</b>	Montag 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
<b>6</b>	$\frac{70}{3}$ <sub>2</sub>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{84}{2}$										14	75	84								
<b>5</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{2}$	$\frac{84}{2}$	$\frac{88}{2}$								15	76	88								
<b>13</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$ <sub>3</sub>										18	75	80								
<b>20</b>	$\frac{80}{4}$	$\frac{85}{4}$	$\frac{90}{4}$	$\frac{95}{4}$ <sub>3</sub>										24	90	95								
<b>TÜ</b>	Mittwoch 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
<b>7</b>	$\frac{55}{2}$ <sub>2</sub>	$\frac{60}{2}$	$\frac{65}{2}$ <sub>2</sub>	$\frac{70}{2}$	$\frac{72}{2}$									14	63	72								
<b>3</b>	$\frac{65}{2}$ <sub>2</sub>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$									12	73	85								
<b>14</b>	$\frac{70}{3}$	$\frac{75}{3}$ <sub>2</sub>	$\frac{80}{3}$	$\frac{84}{3}$	$\frac{86}{3}$									18	78	86								
<b>19</b>	$\frac{70}{5}$	$\frac{75}{4}$	$\frac{80}{3}$ <sub>2</sub>	$\frac{85}{3}$	$\frac{89}{3}$									21	79	89								
<b>25</b>	$\frac{22}{4}$ <sub>2</sub>	$\frac{28}{3}$ <sub>2</sub>	$\frac{32}{3}$	$\frac{36}{3}$										20	27	36								
<b>TÜ</b>	Freitag 15:30 Uhr											<b>WH</b>	<b>MHG</b>	<b>BW</b>										
<b>1</b>	$\frac{65}{3}$ <sub>2</sub>	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$									18	73	85								
<b>26</b>	$\frac{50}{4}$	$\frac{55}{4}$ <sub>2</sub>	$\frac{60}{3}$	$\frac{65}{3}$										18	56	65								
<b>13</b>	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{83}{3}$	$\frac{86}{3}$								18	77	86								
<b>20</b>	$\frac{80}{4}$	$\frac{85}{4}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{100}{3}$	$\frac{104}{3}$								20	91	104								

## WOCHENPLAN


**BVDG**

 BUNDESVERBAND  
 DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:11/2017

K1-7: 225Wh/78kg/17,6t					K1-5: 193Wh/84kg/16,2t					Bel.: h																							
K1: 53			K2: 29			K3: 60			K4:		K5: 51		K6: 32		K7:																		
<b>1</b>	24	81	95	2	<b>6</b>	14	79	90	2	<b>13</b>	30	85	95	3					<b>19</b>	33	88	98	3	<b>25</b>	18	30	39	3					
<b>3</b>	15	81	95	1	<b>7</b>	15	69	80	2	<b>14</b>	30	84	94	3					<b>20</b>	18	98	112	3	<b>26</b>	14	62	74	2					
<b>5</b>	14	85	98	1																													
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>1</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$															12	75	80													
<b>5</b>	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{90}{2}$	$\frac{93}{2}$	$\frac{95}{1}$	$\frac{98}{1}$											14	85	98													
<b>13</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$													15	85	95													
<b>19</b>	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{98}{3}$													15	90	98													
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>7</b>	$\frac{60}{3}$	$\frac{65}{2}$	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$													15	69	80													
<b>26</b>	$\frac{55}{3}$	$\frac{60}{2}$	$\frac{65}{2}$	$\frac{70}{2}$	$\frac{74}{2}$													14	62	74													
<b>14</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{94}{3}$													15	85	94													
<b>20</b>	$\frac{80}{3}$	$\frac{90}{3}$	$\frac{97}{3}$	$\frac{103}{3}$	$\frac{108}{3}$	$\frac{112}{3}$												18	98	112													
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>1</b>	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{90}{2}$	$\frac{93}{2}$	$\frac{95}{2}$												12	86	95													
<b>3</b>	$\frac{75}{3}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{90}{2}$	$\frac{95}{1}$													15	81	95													
<b>14</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$														15	84	90													
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>														<b>WH</b>	<b>MHG</b>	<b>BW</b>																
<b>6</b>	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{2}$	$\frac{90}{2}$													14	79	90													
<b>13</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$														15	84	90													
<b>19</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{93}{3}$													18	86	93													
<b>25</b>	$\frac{24}{3}$	$\frac{30}{3}$	$\frac{35}{3}$	$\frac{39}{3}$														18	30	39													

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Jugend Verein u17 Musterplan

Woche:12/2017

K1-7: 183Wh/84kg/15,3t					K1-5: 166Wh/86kg/14,3t					Bel.: m				
K1: 41		K2: 23		K3: 51		K4:		K5: 51		K6: 17		K7:		
<b>1</b>	19 83 97 1	<b>6</b>	13 80 92 2	<b>13</b>	33 86 97 3			<b>19</b>	33 90 100 3	<b>26</b>	17 62 70 2			
<b>3</b>	12 83 97 1	<b>7</b>	10 71 82 2	<b>14</b>	18 85 95 3			<b>20</b>	18 96 108 3					
<b>5</b>	10 86 100 1													
<b>TÜ</b>	<b>Montag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>
<b>1</b>	$\frac{75}{2}$ <sub>2</sub>	$\frac{80}{2}$ <sub>2</sub>	$\frac{85}{2}$ <sub>2</sub>									12	80	85
<b>5</b>	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{85}{1}$ <sub>2</sub>	$\frac{90}{1}$	$\frac{95}{1}$	$\frac{98}{1}$	$\frac{100}{1}$					10	86	100
<b>13</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{97}{3}$						18	87	97
<b>19</b>	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{100}{3}$							15	90	100
<b>TÜ</b>	<b>Mittwoch 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>
<b>7</b>	$\frac{60}{2}$	$\frac{66}{2}$	$\frac{72}{2}$	$\frac{77}{2}$	$\frac{82}{2}$							10	71	82
<b>26</b>	$\frac{55}{3}$	$\frac{60}{3}$ <sub>2</sub>	$\frac{65}{3}$ <sub>2</sub>	$\frac{70}{2}$								17	62	70
<b>14</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$ <sub>2</sub>	$\frac{90}{3}$	$\frac{95}{3}$							18	85	95
<b>20</b>	$\frac{80}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{100}{3}$	$\frac{105}{3}$	$\frac{108}{3}$						18	96	108
<b>TÜ</b>	<b>Freitag 15:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>
<b>1</b>	$\frac{75}{1}$	$\frac{80}{1}$	$\frac{85}{1}$	$\frac{90}{1}$	$\frac{93}{1}$	$\frac{95}{1}$	$\frac{97}{1}$					7	88	97
<b>3</b>	$\frac{75}{2}$ <sub>2</sub>	$\frac{80}{2}$	$\frac{85}{1}$ <sub>2</sub>	$\frac{88}{1}$	$\frac{90}{1}$	$\frac{95}{1}$	$\frac{97}{1}$					12	83	97
<b>TÜ</b>	<b>Samstag 09:30 Uhr</b>											<b>WH</b>	<b>MHG</b>	<b>BW</b>
<b>6</b>	$\frac{70}{3}$	$\frac{76}{3}$	$\frac{82}{3}$	$\frac{87}{2}$	$\frac{92}{2}$							13	80	92
<b>13</b>	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$ <sub>2</sub>								15	84	90
<b>19</b>	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$ <sub>3</sub>								18	90	95

Trainer:

IAT Leipzig/BVDG

## WOCHENPLAN



BVDG

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Woche:13/2017

Jugend Verein u17 Musterplan

K1-7: 156Wh/75kg/11,7t					K1-5: 124Wh/83kg/10,3t					Bel.: g			HWK																			
K1: 42					K2: 10					K3: 36					K4:			K5: 36			K6: 32			K7:								
<b>1</b> 17 84 100 1					<b>7</b> 10 67 79 2					<b>13</b> 18 82 92 3								<b>19</b> 18 84 95 3			<b>25</b> 18 30 40 3											
<b>3</b> 15 82 100 1										<b>14</b> 18 81 92 3								<b>20</b> 18 94 105 3			<b>26</b> 14 64 75 2											
<b>5</b> 10 83 95 1																																
<b>TÜ</b> Montag 15:30 Uhr																								<b>WH</b>	<b>MHG</b>	<b>BW</b>						
<b>3</b> $\frac{75}{2}_2$					$\frac{80}{2}_2$																			8	78	80						
<b>19</b> $\frac{75}{5}$					$\frac{80}{4}$					$\frac{85}{3}$					$\frac{90}{3}$			$\frac{95}{3}$						18	84	95						
<b>TÜ</b> Dienstag 15:30 Uhr																								<b>WH</b>	<b>MHG</b>	<b>BW</b>						
<b>1</b> $\frac{75}{2}_2$					$\frac{80}{2}_2$					$\frac{85}{1}$														9	78	85						
<b>5</b> $\frac{75}{2}$					$\frac{80}{2}_2$					$\frac{85}{1}_2$					$\frac{90}{1}$			$\frac{95}{1}$						10	83	95						
<b>13</b> $\frac{70}{3}$					$\frac{75}{3}$					$\frac{80}{3}$					$\frac{85}{3}$			$\frac{90}{3}$			$\frac{92}{3}$			18	82	92						
<b>TÜ</b> Mittwoch 15:30 Uhr																								<b>WH</b>	<b>MHG</b>	<b>BW</b>						
<b>14</b> $\frac{70}{3}_2$					$\frac{80}{3}$					$\frac{85}{3}$					$\frac{90}{3}$			$\frac{92}{3}$						18	81	92						
<b>20</b> $\frac{85}{3}$					$\frac{90}{2}_2$					$\frac{95}{3}$					$\frac{100}{3}$			$\frac{105}{3}$						18	94	105						
<b>25</b> $\frac{25}{3}$					$\frac{30}{3}$					$\frac{35}{3}$					$\frac{40}{3}$			$\frac{25}{2}_2$						18	30	40						
<b>TÜ</b> Freitag 09:30 Uhr																								<b>WH</b>	<b>MHG</b>	<b>BW</b>						
<b>7</b> $\frac{60}{2}_2$					$\frac{66}{2}$					$\frac{72}{2}$					$\frac{79}{2}$									10	67	79						
<b>26</b> $\frac{55}{2}$					$\frac{60}{2}_2$					$\frac{65}{2}_2$					$\frac{70}{2}$			$\frac{75}{2}$						14	64	75						
<b>TÜ</b> Samstag 15:30 Uhr																								<b>WH</b>	<b>MHG</b>	<b>BW</b>						
<b>1</b> $\frac{75}{1}$					$\frac{80}{1}$					$\frac{85}{1}$					$\frac{90}{1}$			$\frac{93}{1}$			$\frac{95}{1}$			$\frac{97}{1}$			$\frac{100}{1}$			8	89	100
<b>3</b> $\frac{75}{1}_2$					$\frac{85}{1}$					$\frac{90}{1}$					$\frac{95}{1}$			$\frac{97}{1}$			$\frac{100}{1}$						7	88	100			
Hauptwettkampf																																