

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN

**BVDG**BUNDESVERBAND
DEUTSCHER GEWICHTHEBER

Junioren u20 Musterplan

Woche:02/2018

K1-7: 406Wh/53kg/21,6t		K1-5: 266Wh/63kg/16,8t				Bel.: m									
K1:		K2:		K3: 112		K4:		K5: 154		K6: 140		K7:			
				13 56 61 67 4				19 70 59 66 5		23 56 42 47 4					
				14 56 66 74 4				20 84 66 74 6		25 84 29 32 6					
TÜ	Montag 16:00 Uhr											WH	MHG	BW	
23	$\frac{37}{4}_2$	$\frac{41}{4}_3$	$\frac{44}{4}_2$										28	41	44
14	$\frac{58}{4}_2$	$\frac{64}{4}_3$	$\frac{69}{4}_2$										28	64	69
20	$\frac{58}{6}_2$	$\frac{64}{6}_3$	$\frac{69}{6}_2$										42	64	69
TÜ	Dienstag 16:00 Uhr											WH	MHG	BW	
13	$\frac{54}{4}_2$	$\frac{59}{4}_3$	$\frac{64}{4}_2$										28	59	64
19	$\frac{53}{5}_2$	$\frac{57}{5}_3$	$\frac{61}{5}_2$										35	57	61
25	$\frac{24}{6}_2$	$\frac{28}{6}_3$	$\frac{30}{6}_2$										42	27	30
TÜ	Mittwoch 16:00 Uhr											WH	MHG	BW	
23	$\frac{40}{4}_2$	$\frac{44}{4}_3$	$\frac{47}{4}_2$										28	44	47
14	$\frac{64}{4}_2$	$\frac{69}{4}_3$	$\frac{74}{4}_2$										28	69	74
20	$\frac{64}{6}_2$	$\frac{69}{6}_3$	$\frac{74}{6}_2$										42	69	74
TÜ	Freitag 16:00 Uhr											WH	MHG	BW	
13	$\frac{57}{4}_2$	$\frac{63}{4}_3$	$\frac{67}{4}_2$										28	62	67
19	$\frac{56}{5}_2$	$\frac{61}{5}_3$	$\frac{66}{5}_2$										35	61	66
25	$\frac{27}{6}_2$	$\frac{30}{6}_3$	$\frac{32}{6}_2$										42	30	32

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Woche:03/2018

Junioren u20 Musterplan

K1-7: 490Wh/61kg/29,8t					K1-5: 355Wh/68kg/24,1t					AMKT: 46					Bel.: h																			
K1: 63					K2: 21					K3: 119					K4: 54					K5: 98					K6: 114					K7: 21				
1	28	65	74	3	6	21	62	67	3	13	49	63	70	4	15	18	81	84	3	19	28	63	69	4	23	21	47	50	3	29	21	57	65	3
3	14	63	69	2						14	70	66	79	4	16	36	85	90	3	20	70	68	77	5	25	65	31	37	5					
5	21	66	71	3																26	28	53	61	4										
TÜ															Montag 09:30 Uhr			WH	MHG	BW														
13	$\frac{57}{4}$	$\frac{62}{4}$	$\frac{65}{4}$	$\frac{68}{4}$	$\frac{70}{4}$																				28	64	70							
25	$\frac{27}{5}$	$\frac{30}{5}$	$\frac{33}{5}$	$\frac{35}{5}$																					30	30	35							
TÜ															Montag 16:00 Uhr			WH	MHG	BW														
23	$\frac{44}{3}$	$\frac{47}{3}$	$\frac{50}{3}$	$\frac{53}{3}$																					21	47	50							
5	$\frac{60}{3}$	$\frac{63}{3}$	$\frac{66}{3}$	$\frac{69}{3}$	$\frac{71}{3}$																				21	66	71							
19	$\frac{58}{4}$	$\frac{61}{4}$	$\frac{64}{4}$	$\frac{67}{4}$	$\frac{69}{4}$																				28	63	69							
TÜ															Dienstag 16:00 Uhr			WH	MHG	BW														
3	$\frac{56}{2}$	$\frac{60}{2}$	$\frac{64}{2}$	$\frac{67}{2}$	$\frac{69}{2}$																				14	63	69							
15	$\frac{77}{3}$	$\frac{81}{3}$	$\frac{84}{3}$																						18	81	84							
TÜ															Mittwoch 09:30 Uhr			WH	MHG	BW														
14	$\frac{58}{3}$	$\frac{62}{3}$	$\frac{66}{3}$	$\frac{70}{3}$	$\frac{72}{3}$																				21	66	72							
16	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$																						18	85	90							
20	$\frac{58}{5}$	$\frac{62}{5}$	$\frac{67}{5}$	$\frac{72}{5}$	$\frac{77}{5}$																				35	68	77							
TÜ															Mittwoch 16:00 Uhr			WH	MHG	BW														
14	$\frac{58}{3}$	$\frac{62}{3}$	$\frac{66}{3}$	$\frac{70}{3}$	$\frac{72}{3}$																				21	66	72							
16	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$																						18	85	90							
20	$\frac{58}{5}$	$\frac{62}{5}$	$\frac{67}{5}$	$\frac{72}{5}$	$\frac{77}{5}$																				35	68	77							
TÜ															Freitag 09:30 Uhr			WH	MHG	BW														
13	$\frac{54}{3}$	$\frac{58}{3}$	$\frac{62}{3}$	$\frac{65}{3}$	$\frac{67}{3}$																				21	61	67							
1	$\frac{54}{1}$	$\frac{58}{1}$	$\frac{62}{1}$	$\frac{65}{1}$	$\frac{67}{1}$																				7	61	67							
30	$\frac{21}{6}$	$\frac{25}{6}$	$\frac{29}{6}$	$\frac{33}{6}$	$\frac{35}{4}$																				46	27	35							
TÜ															Freitag 16:00 Uhr			WH	MHG	BW														
1	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$																					21	66	74							
26	$\frac{45}{4}$	$\frac{50}{4}$	$\frac{55}{4}$	$\frac{58}{4}$	$\frac{61}{4}$																				28	53	61							
25	$\frac{27}{5}$	$\frac{30}{5}$	$\frac{33}{5}$	$\frac{35}{5}$	$\frac{37}{5}$																				35	31	37							
TÜ															Samstag 10:00 Uhr			WH	MHG	BW														
6	$\frac{57}{3}$	$\frac{61}{3}$	$\frac{64}{3}$	$\frac{67}{3}$																					21	62	67							
TÜ 6: 1x TÜ 1, 2x TÜ6, 1. vom Boden, 2.+3. vom Hang unterhalb Knie																																		
29	$\frac{49}{3}$	$\frac{53}{3}$	$\frac{57}{3}$	$\frac{61}{3}$	$\frac{65}{3}$																				21	57	65							
14	$\frac{58}{4}$	$\frac{64}{4}$	$\frac{69}{4}$	$\frac{64}{4}$	$\frac{79}{4}$																				28	67	79							

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Woche:05/2018

Junioren u20 Musterplan

K1-7: 304Wh/69kg/21,1t					K1-5: 265Wh/72kg/19,0t					Bel.: g			WK																			
K1: 37			K2: 28			K3: 105			K4:		K5: 95			K6: 39		K7:																
1	31	69	84	1	7	12	66	70	2	13	63	72	80	3					18	18	88	95	3	23	18	47	50	3				
3	6	69	79	1	12	16	70	76	2	14	42	72	82	3					19	21	62	71	3	26	21	57	61	3				
TÜ	Montag 09:30 Uhr														WH	MHG	BW															
23	$\frac{44}{3}_2$	$\frac{48}{3}_2$	$\frac{50}{3}_2$															18	47	50												
13	$\frac{60}{3}$	$\frac{64}{3}$	$\frac{68}{3}_2$	$\frac{71}{3}_2$	$\frac{74}{3}$													21	68	74												
TÜ	Montag 16:00 Uhr														WH	MHG	BW															
12	$\frac{63}{2}$	$\frac{66}{2}_2$	$\frac{69}{2}$	$\frac{72}{2}_2$	$\frac{74}{2}$	$\frac{76}{2}$												16	70	76												
19	$\frac{50}{3}$	$\frac{60}{3}_2$	$\frac{64}{3}_2$	$\frac{68}{3}$	$\frac{71}{3}$													21	62	71												
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW															
1	$\frac{60}{3}$	$\frac{64}{3}_2$	$\frac{68}{3}_2$	$\frac{71}{3}$	$\frac{74}{3}_2$													24	68	74												
14	$\frac{64}{3}$	$\frac{69}{3}$	$\frac{74}{3}$	$\frac{78}{3}_3$	$\frac{82}{3}$													21	75	82												
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW															
13	$\frac{67}{3}$	$\frac{71}{3}$	$\frac{74}{3}_2$	$\frac{77}{3}_2$	$\frac{80}{3}$													21	74	80												
20	$\frac{61}{4}$	$\frac{67}{4}$	$\frac{72}{4}_2$	$\frac{77}{4}_2$	$\frac{82}{4}$													28	73	82												
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW															
13	$\frac{67}{3}$	$\frac{71}{3}$	$\frac{74}{3}_2$	$\frac{77}{3}_2$	$\frac{80}{3}$													21	74	80												
20	$\frac{61}{4}$	$\frac{67}{4}$	$\frac{72}{4}_2$	$\frac{77}{4}_2$	$\frac{82}{4}$													28	73	82												
TÜ	Freitag 09:30 Uhr														WH	MHG	BW															
18	$\frac{81}{3}_2$	$\frac{89}{3}_2$	$\frac{95}{3}_2$															18	88	95												
14	$\frac{61}{3}$	$\frac{65}{3}$	$\frac{69}{3}_2$	$\frac{72}{3}_2$	$\frac{74}{3}$													21	69	74												
TÜ	Freitag 16:00 Uhr														WH	MHG	BW															
7	$\frac{64}{2}_3$	$\frac{68}{2}_2$	$\frac{70}{2}$															12	66	70												
26	$\frac{53}{3}$	$\frac{56}{3}_3$	$\frac{59}{3}_2$	$\frac{61}{3}$														21	57	61												
TÜ	Samstag 17:00 Uhr														WH	MHG	BW															
1	$\frac{64}{1}$	$\frac{68}{1}$	$\frac{72}{1}$	$\frac{75}{1}$	$\frac{78}{1}$	$\frac{81}{1}$	$\frac{84}{1}$											7	75	84												
3	$\frac{58}{1}$	$\frac{63}{1}$	$\frac{67}{1}$	$\frac{71}{1}$	$\frac{75}{1}$	$\frac{79}{1}$												6	69	79												
	Wettkampf																															

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Woche:06/2018

Junioren u20 Musterplan

K1-7: 516Wh/70kg/36,4t					K1-5: 380Wh/78kg/29,6t					Bel.: h																								
K1: 56					K2: 49					K3: 119					K4: 54					K5: 102					K6: 115					K7: 21				
1	35	73	84	4	6	21	71	74	3	13	49	73	84	4	15	18	94	97	3	18	18	92	98	3	22	24	54	57	4	29	21	67	75	3
3	14	68	74	2	7	14	71	74	2	14	70	74	87	4	16	36	96	100	3	19	28	69	79	4	23	22	53	56	2					
5	7	75	81	1	12	14	75	81	2											20	56	81	90	4	25	48	35	39	4	26	21	61	66	3
TÜ	Montag 09:30 Uhr														WH	MHG	BW																	
23	$\frac{50}{3}_2$	$\frac{52}{3}_2$	$\frac{54}{3}_2$	$\frac{56}{2}_2$																										22	53	56		
13	$\frac{70}{4}$	$\frac{74}{4}_2$	$\frac{78}{4}_2$	$\frac{82}{4}$	$\frac{84}{4}$																									28	77	84		
25	$\frac{32}{4}$	$\frac{35}{4}_2$	$\frac{37}{4}_2$	$\frac{39}{4}$																										24	36	39		
TÜ	Montag 16:00 Uhr														WH	MHG	BW																	
7	$\frac{67}{2}_2$	$\frac{71}{2}_2$	$\frac{74}{2}_3$																											14	71	74		
12	$\frac{68}{2}$	$\frac{72}{2}_2$	$\frac{75}{2}$	$\frac{78}{2}_2$	$\frac{81}{2}$																									14	75	81		
5	$\frac{68}{1}$	$\frac{72}{1}_2$	$\frac{75}{1}$	$\frac{78}{1}_2$	$\frac{81}{1}$																									7	75	81		
	TÜ 12 & TÜ 5 in Kombination																																	
19	$\frac{60}{4}$	$\frac{65}{4}_2$	$\frac{70}{4}_2$	$\frac{75}{4}$	$\frac{79}{4}$																									28	69	79		
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW																	
3	$\frac{61}{2}$	$\frac{65}{2}$	$\frac{68}{2}_2$	$\frac{71}{2}_2$	$\frac{74}{2}$																									14	68	74		
15	$\frac{90}{3}_2$	$\frac{94}{3}_2$	$\frac{97}{3}_2$																											18	94	97		
22	$\frac{50}{4}_2$	$\frac{54}{4}_2$	$\frac{57}{4}_2$																											24	54	57		
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW																	
14	$\frac{63}{3}$	$\frac{67}{3}$	$\frac{71}{3}_2$	$\frac{75}{3}_2$	$\frac{79}{3}$																									21	72	79		
16	$\frac{92}{3}_2$	$\frac{96}{3}_2$	$\frac{100}{3}_2$																											18	96	100		
20	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}_2$	$\frac{85}{4}_2$	$\frac{90}{4}$																									28	81	90		
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW																	
14	$\frac{63}{3}$	$\frac{67}{3}$	$\frac{71}{3}_2$	$\frac{75}{3}_2$	$\frac{79}{3}$																									21	72	79		
16	$\frac{92}{3}_2$	$\frac{96}{3}_2$	$\frac{100}{3}_2$																											18	96	100		
20	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}_2$	$\frac{85}{4}_2$	$\frac{90}{4}$																									28	81	90		
TÜ	Freitag 09:30 Uhr														WH	MHG	BW																	
13	$\frac{60}{3}$	$\frac{64}{3}_2$	$\frac{68}{3}_2$	$\frac{72}{3}$	$\frac{74}{3}$																									21	67	74		
1	$\frac{60}{1}$	$\frac{64}{1}_2$	$\frac{68}{1}_2$	$\frac{72}{1}$	$\frac{74}{1}$																									7	67	74		
	TÜ 13 & TÜ 1 in Kombination																																	
18	$\frac{85}{3}_2$	$\frac{92}{3}_2$	$\frac{98}{3}_2$																											18	92	98		
TÜ	Freitag 16:00 Uhr														WH	MHG	BW																	
1	$\frac{67}{3}_2$	$\frac{71}{3}_2$	$\frac{75}{3}_2$	$\frac{78}{3}$	$\frac{81}{3}$	$\frac{84}{4}$																								28	75	84		
26	$\frac{55}{3}$	$\frac{58}{3}$	$\frac{61}{3}_2$	$\frac{64}{3}_2$	$\frac{66}{3}$																									21	61	66		
25	$\frac{29}{4}$	$\frac{33}{4}_2$	$\frac{35}{4}_2$	$\frac{37}{4}$																										24	34	37		
TÜ	Samstag 10:00 Uhr														WH	MHG	BW																	
6	$\frac{67}{3}_2$	$\frac{71}{3}_3$	$\frac{74}{3}_2$																											21	71	74		
	TÜ 6: 1x TÜ 1, 2x TÜ6, 1. vom Boden, 2.+3. vom Hang unterhalb Knie																																	
29	$\frac{59}{3}$	$\frac{63}{3}_2$	$\frac{67}{3}$	$\frac{71}{3}_2$	$\frac{75}{3}$																									21	67	75		
	TÜ 29: 3x TÜ 19 & 1x TÜ 12																																	
14	$\frac{66}{4}$	$\frac{72}{4}$	$\frac{77}{4}_2$	$\frac{82}{4}_2$	$\frac{87}{4}$																									28	78	87		

WOCHENPLAN


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Junioren u20 Musterplan

Woche:08/2018

K1-7: 414Wh/72kg/29,9t					K1-5: 283Wh/80kg/22,7t					Bel.: h																								
K1: 52		K2: 30		K3: 109		K4: 36		K5: 56		K6: 110		K7: 21																						
1	34	75	86	1	7	14	74	77	2	13	60	76	87	4	15	18	97	104	3	19	28	74	84	4	22	18	59	64	3	29	21	69	80	3
3	10	75	82	1	12	16	79	86	2	14	49	79	90	4	16	18	101	105	3	20	28	86	95	4	23	14	55	60	2					
5	8	79	86	1																					25	48	39	45	4					
																									26	30	67	74	3					
TÜ	Montag 16:00 Uhr												WH	MHG	BW																			
23	$\frac{50}{2}$	$\frac{54}{2}$	$\frac{57}{2}$	$\frac{60}{2}$																				14	55	60								
13	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{79}{4}$	$\frac{83}{4}$	$\frac{87}{4}$																			36	80	87								
25	$\frac{32}{4}$	$\frac{35}{4}$	$\frac{38}{4}$	$\frac{41}{4}$	$\frac{43}{4}$																			24	38	43								
TÜ	Dienstag 16:00 Uhr												WH	MHG	BW																			
12	$\frac{71}{2}$	$\frac{75}{2}$	$\frac{79}{2}$	$\frac{82}{2}$	$\frac{84}{2}$	$\frac{86}{2}$																		16	79	86								
5	$\frac{71}{1}$	$\frac{75}{1}$	$\frac{79}{1}$	$\frac{82}{1}$	$\frac{84}{1}$	$\frac{86}{1}$																		8	79	86								
	TÜ 12 & TÜ 5 in Kombination																																	
19	$\frac{65}{4}$	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{84}{4}$																			28	74	84								
15	$\frac{90}{3}$	$\frac{98}{3}$	$\frac{104}{3}$																					18	97	104								
TÜ	Mittwoch 09:30 Uhr												WH	MHG	BW																			
14	$\frac{69}{3}$	$\frac{73}{3}$	$\frac{76}{3}$	$\frac{79}{3}$	$\frac{82}{3}$																			21	76	82								
16	$\frac{97}{3}$	$\frac{101}{3}$	$\frac{105}{3}$																					18	101	105								
20	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{85}{4}$	$\frac{90}{4}$	$\frac{95}{4}$																			28	86	95								
TÜ	Mittwoch 16:00 Uhr												WH	MHG	BW																			
7	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{77}{2}$																					14	74	77								
3	$\frac{69}{2}$	$\frac{72}{2}$	$\frac{75}{2}$	$\frac{78}{2}$	$\frac{80}{1}$	$\frac{82}{1}$																		10	75	82								
22	$\frac{54}{3}$	$\frac{59}{3}$	$\frac{64}{3}$																					18	59	64								
TÜ	Freitag 09:30 Uhr												WH	MHG	BW																			
13	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{77}{3}$																			24	70	77								
1	$\frac{60}{1}$	$\frac{64}{1}$	$\frac{68}{1}$	$\frac{72}{1}$	$\frac{75}{1}$	$\frac{77}{1}$																		10	70	77								
	TÜ 13 & TÜ 1 in Kombination																																	
25	$\frac{37}{4}$	$\frac{40}{4}$	$\frac{43}{4}$	$\frac{45}{4}$																				24	40	45								
TÜ	Freitag 16:00 Uhr												WH	MHG	BW																			
1	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{78}{3}$	$\frac{82}{3}$	$\frac{86}{1}$																			24	77	86								
26	$\frac{58}{3}$	$\frac{61}{3}$	$\frac{64}{3}$	$\frac{67}{3}$	$\frac{70}{3}$	$\frac{72}{3}$	$\frac{74}{3}$																	30	67	74								
14	$\frac{70}{4}$	$\frac{75}{4}$	$\frac{80}{4}$	$\frac{85}{4}$	$\frac{90}{4}$																			28	81	90								
TÜ	Samstag 10:00 Uhr												WH	MHG	BW																			
29	$\frac{60}{3}$	$\frac{65}{3}$	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$																			21	69	80								
	TÜ 29: 3x TÜ 19 & 1x TÜ 12																																	

WOCHENPLAN


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Junioren u20 Musterplan

Woche:09/2018

K1-7: 325Wh/77kg/25,0t					K1-5: 233Wh/83kg/19,4t					Bel.: h																								
K1: 52			K2: 49		K3: 66		K4: 27			K5: 39		K6: 74		K7: 18																				
1	35	78	84	3	6	21	76	80	3	13	45	76	90	3	15	21	103	110	3	18	18	98	101	3	22	18	63	67	3	29	18	77	85	3
3	10	74	85	1	7	14	74	77	2	14	21	83	92	3	16	6	100	100	3	20	21	89	100	3	23	14	56	60	2					
5	7	82	92	1	12	14	82	92	2											25	21	42	44	3	26	21	65	71	3					
TÜ	Montag 09:30 Uhr														WH	MHG	BW																	
23	$\frac{54}{2}$ ₂	$\frac{56}{2}$ ₃	$\frac{58}{2}$ ₂	$\frac{60}{2}$ ₂																					14	56	60							
13	$\frac{74}{3}$ ₃	$\frac{78}{2}$ ₂	$\frac{82}{2}$ ₂	$\frac{86}{3}$ ₃	$\frac{90}{3}$ ₃																					21	81	90						
25	$\frac{40}{3}$ ₂	$\frac{42}{3}$ ₃	$\frac{44}{3}$ ₂																							21	42	44						
TÜ	Montag 16:00 Uhr														WH	MHG	BW																	
7	$\frac{70}{2}$ ₂	$\frac{74}{2}$ ₂	$\frac{77}{2}$ ₃																							14	74	77						
12	$\frac{72}{2}$ ₂	$\frac{77}{2}$ ₂	$\frac{82}{2}$ ₂	$\frac{87}{2}$ ₂	$\frac{92}{2}$ ₂																					14	82	92						
5	$\frac{72}{1}$ ₁	$\frac{77}{1}$ ₂	$\frac{82}{1}$ ₁	$\frac{87}{1}$ ₂	$\frac{92}{1}$ ₁																					7	82	92						
	TÜ 12 & TÜ 5 in Kombination																																	
20	$\frac{80}{3}$ ₃	$\frac{85}{3}$ ₂	$\frac{90}{3}$ ₂	$\frac{95}{3}$ ₃	$\frac{100}{3}$ ₃																					21	89	100						
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW																	
3	$\frac{66}{2}$ ₂	$\frac{70}{2}$ ₂	$\frac{74}{2}$ ₂	$\frac{78}{1}$ ₂	$\frac{82}{1}$ ₁	$\frac{85}{1}$ ₁																				10	74	85						
15	$\frac{97}{3}$ ₂	$\frac{102}{3}$ ₂	$\frac{106}{3}$ ₂	$\frac{110}{3}$ ₃																							21	103	110					
22	$\frac{59}{3}$ ₂	$\frac{63}{3}$ ₂	$\frac{67}{3}$ ₂																								18	63	67					
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW																	
14	$\frac{71}{3}$ ₃	$\frac{77}{3}$ ₃	$\frac{83}{2}$ ₂	$\frac{88}{3}$ ₂	$\frac{92}{3}$ ₃																					21	83	92						
16	$\frac{100}{3}$ ₂																									6	100	100						
18	$\frac{95}{3}$ ₂	$\frac{98}{3}$ ₂	$\frac{101}{3}$ ₂																								18	98	101					
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW																	
6	$\frac{70}{2}$ ₂	$\frac{74}{2}$ ₃	$\frac{78}{2}$ ₄	$\frac{80}{3}$ ₃																						21	76	80						
	TÜ 6: 1x TÜ 1, 2x TÜ6, 1. vom Boden, 2.+3. vom Hang unterhalb Knie																																	
29	$\frac{66}{3}$ ₃	$\frac{71}{3}$ ₃	$\frac{76}{3}$ ₃	$\frac{81}{3}$ ₂	$\frac{85}{3}$ ₃																					18	77	85						
	TÜ 29: 3x TÜ 19 & 1x TÜ 12																																	
TÜ	Freitag 09:30 Uhr														WH	MHG	BW																	
13	$\frac{64}{3}$ ₃	$\frac{68}{3}$ ₂	$\frac{71}{3}$ ₂	$\frac{74}{3}$ ₃	$\frac{77}{3}$ ₂																					24	71	77						
1	$\frac{64}{1}$ ₁	$\frac{69}{1}$ ₂	$\frac{73}{1}$ ₂	$\frac{75}{1}$ ₁	$\frac{77}{1}$ ₂																					8	72	77						
	TÜ 13 & TÜ 1 in Kombination																																	
TÜ	Freitag 16:00 Uhr														WH	MHG	BW																	
1	$\frac{77}{3}$ ₃	$\frac{81}{3}$ ₄	$\frac{84}{3}$ ₂																							27	80	84						
26	$\frac{58}{3}$ ₃	$\frac{62}{3}$ ₃	$\frac{65}{3}$ ₂	$\frac{68}{3}$ ₂	$\frac{71}{3}$ ₃																					21	65	71						

Trainer:

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Woche:10/2018

Junioren u20 Musterplan

K1-7: 275Wh/74kg/20,4t					K1-5: 229Wh/77kg/17,7t					Bel.: m			MTP													
K1: 40			K2: 24			K3: 84			K4:	K5: 81			K6: 46		K7:											
1	34	75	80	2	7	12	71	74	2	13	42	78	97	3		18	18	90	95	3	22	18	61	64	3	
4	6	83	90	1	12	12	78	84	2	14	42	76	87	3		19	42	70	79	3	23	12	54	57	2	
																20	21	85	93	3	26	16	65	74	2	
TÜ	Montag 16:00 Uhr														WH	MHG	BW									
23	$\frac{50}{2}$	$\frac{54}{2}$	$\frac{57}{2}$													12	54	57								
13	$\frac{64}{3}$	$\frac{74}{3}$	$\frac{84}{3}$	$\frac{91}{3}$	$\frac{97}{3}$											21	78	97								
19	$\frac{58}{3}$	$\frac{62}{3}$	$\frac{66}{3}$	$\frac{70}{3}$	$\frac{74}{3}$											21	67	74								
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW									
1	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{77}{2}$													14	73	77								
26	$\frac{58}{2}$	$\frac{62}{2}$	$\frac{66}{2}$	$\frac{70}{2}$	$\frac{74}{2}$											16	65	74								
14	$\frac{69}{3}$	$\frac{74}{3}$	$\frac{79}{3}$	$\frac{83}{3}$	$\frac{87}{3}$											21	80	87								
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW									
12	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{78}{2}$	$\frac{81}{2}$	$\frac{83}{2}$	$\frac{84}{2}$									12	78	84									
22	$\frac{57}{3}$	$\frac{61}{3}$	$\frac{64}{3}$													18	61	64								
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW									
7	$\frac{70}{2}$	$\frac{74}{2}$														12	71	74								
13	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{78}{3}$	$\frac{81}{3}$	$\frac{84}{3}$											21	78	84								
20	$\frac{74}{3}$	$\frac{79}{3}$	$\frac{84}{3}$	$\frac{89}{3}$	$\frac{93}{3}$											21	85	93								
TÜ	Freitag 09:30 Uhr														WH	MHG	BW									
18	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$													18	90	95								
14	$\frac{63}{3}$	$\frac{68}{3}$	$\frac{73}{3}$	$\frac{76}{3}$	$\frac{79}{3}$											21	73	79								
19	$\frac{66}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{76}{3}$	$\frac{79}{3}$											21	73	79								
TÜ	Freitag 16:00 Uhr														WH	MHG	BW									
1	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{78}{2}$	$\frac{80}{2}$												20	77	80								
4	$\frac{74}{1}$	$\frac{78}{1}$	$\frac{82}{1}$	$\frac{85}{1}$	$\frac{88}{1}$	$\frac{90}{1}$									6	83	90									

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Woche:11/2018

Junioren u20 Musterplan

K1-7: 266Wh/76kg/20,2t					K1-5: 213Wh/80kg/17,0t					Bel.: g			WK																			
K1: 51			K2: 12			K3: 90			K4:		K5: 60		K6: 53		K7:																	
1	32	74	90	1	7	12	67	70	2	13	48	81	94	3					18	18	96	101	3	22	18	64	67	3				
3	7	80	90	1						14	42	74	79	3					19	21	79	90	3	23	21	53	60	3				
5	12	80	87	2															20	21	91	100	3	26	14	66	74	2				
TÜ																																
Montag 09:30 Uhr																																
22	$\frac{60}{3}$	$\frac{64}{3}$	$\frac{67}{3}$																18	64	67											
13	$\frac{67}{3}$	$\frac{71}{3}$	$\frac{75}{3}$	$\frac{78}{3}$					$\frac{80}{3}$										21	75	80											
TÜ																																
Montag 16:00 Uhr																																
5	$\frac{71}{2}$	$\frac{75}{2}$	$\frac{79}{2}$	$\frac{83}{2}$					$\frac{87}{2}$										12	80	87											
19	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$					$\frac{90}{3}$										21	79	90											
TÜ																																
Dienstag 16:00 Uhr																																
1	$\frac{67}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{76}{3}$					$\frac{78}{3}$				$\frac{80}{3}$					24	73	80												
14	$\frac{71}{3}$	$\frac{73}{3}$	$\frac{75}{3}$	$\frac{77}{3}$					$\frac{79}{3}$										21	76	79											
TÜ																																
Mittwoch 16:00 Uhr																																
13	$\frac{74}{3}$	$\frac{80}{3}$	$\frac{84}{3}$	$\frac{88}{3}$					$\frac{91}{3}$				$\frac{94}{3}$					27	85	94												
20	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$					$\frac{100}{3}$										21	91	100											
TÜ																																
Freitag 09:30 Uhr																																
18	$\frac{91}{3}$	$\frac{96}{3}$	$\frac{101}{3}$															18	96	101												
14	$\frac{66}{3}$	$\frac{70}{3}$	$\frac{73}{3}$	$\frac{76}{3}$					$\frac{79}{3}$										21	73	79											
23	$\frac{47}{3}$	$\frac{51}{3}$	$\frac{54}{2}$	$\frac{57}{2}$					$\frac{60}{3}$										21	53	60											
TÜ																																
Freitag 16:00 Uhr																																
7	$\frac{64}{2}$	$\frac{68}{2}$	$\frac{70}{2}$															12	67	70												
26	$\frac{58}{2}$	$\frac{64}{2}$	$\frac{69}{2}$	$\frac{74}{2}$															14	66	74											
TÜ																																
Samstag 17:00 Uhr																																
1	$\frac{67}{1}$	$\frac{70}{1}$	$\frac{73}{1}$	$\frac{76}{1}$					$\frac{79}{1}$				$\frac{82}{1}$				$\frac{85}{1}$				$\frac{88}{1}$			$\frac{90}{1}$								
3	$\frac{69}{1}$	$\frac{73}{1}$	$\frac{77}{1}$	$\frac{81}{1}$					$\frac{84}{1}$				$\frac{87}{1}$				$\frac{90}{1}$															
Wettkampf																																

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Woche:13/2018

Junioren u20 Musterplan

K1-7: 184Wh/78kg/14,4t				K1-5: 154Wh/81kg/12,4t				Bel.: g			Quali														
K1: 34		K2: 12		K3: 66		K4:		K5: 42		K6: 30		K7:													
1	22	77	94	1	7	12	71	74	2	13	45	79	94	3	19	21	83	95	3	22	18	67	70	3	
3	6	84	94	1						14	21	81	90	3	20	21	90	100	3	26	12	67	72	2	
5	6	82	90	1																					
TÜ	Montag 09:30 Uhr											WH	MHG	BW											
22	$\frac{64}{3}$ ₂	$\frac{68}{3}$ ₂	$\frac{70}{3}$ ₂										18	67	70										
13	$\frac{67}{3}$	$\frac{71}{3}$	$\frac{74}{3}$ ₂	$\frac{77}{3}$ ₂	$\frac{80}{3}$								21	74	80										
TÜ	Montag 16:00 Uhr											WH	MHG	BW											
5	$\frac{74}{1}$	$\frac{78}{1}$	$\frac{82}{1}$ ₂	$\frac{86}{1}$	$\frac{90}{1}$								6	82	90										
20	$\frac{80}{3}$	$\frac{85}{3}$ ₂	$\frac{90}{3}$	$\frac{95}{3}$ ₂	$\frac{100}{3}$								21	90	100										
TÜ	Dienstag 16:00 Uhr											WH	MHG	BW											
1	$\frac{67}{2}$	$\frac{71}{2}$ ₂	$\frac{75}{2}$ ₂	$\frac{78}{2}$	$\frac{80}{2}$								14	74	80										
14	$\frac{70}{3}$	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$ ₃	$\frac{90}{3}$								21	81	90										
TÜ	Mittwoch 16:00 Uhr											WH	MHG	BW											
13	$\frac{74}{3}$	$\frac{78}{3}$ ₂	$\frac{82}{3}$ ₂	$\frac{86}{3}$	$\frac{90}{3}$	$\frac{94}{3}$							24	83	94										
19	$\frac{75}{3}$ ₂	$\frac{80}{3}$ ₂	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$								21	83	95										
TÜ	Freitag 16:00 Uhr											WH	MHG	BW											
7	$\frac{67}{2}$ ₂	$\frac{71}{2}$ ₂	$\frac{74}{2}$ ₂										12	71	74										
26	$\frac{60}{2}$	$\frac{65}{2}$ ₂	$\frac{69}{2}$ ₂	$\frac{72}{2}$									12	67	72										
	TÜ 26: 1 x TÜ 26, 1 x TÜ 12																								
TÜ	Samstag 17:00 Uhr											WH	MHG	BW											
1	$\frac{67}{1}$	$\frac{72}{1}$	$\frac{77}{1}$	$\frac{82}{1}$	$\frac{86}{1}$	$\frac{89}{1}$	$\frac{92}{1}$	$\frac{94}{1}$					8	82	94										
3	$\frac{74}{1}$	$\frac{78}{1}$	$\frac{82}{1}$	$\frac{86}{1}$	$\frac{90}{1}$	$\frac{94}{1}$							6	84	94										
	Wettkampf Quali																								

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Junioren u20 Musterplan

Woche:14/2018

K1-7: 264Wh/80kg/21,2t					K1-5: 207Wh/85kg/17,7t					Bel.: h																		
K1: 45			K2: 19			K3: 84			K4:		K5: 59		K6: 57		K7:													
1	26	80	90	1	7	13	74	80	1	13	42	86	100	3			19	38	84	100	2	22	18	71	74	3		
3	6	80	90	1	12	6	88	94	1	14	42	86	100	3			20	21	99	110	3	23	13	59	63	1		
4	7	85	94	1													25	13	43	48	1	26	13	70	79	1		
5	6	88	94	1																								
TÜ	Montag 16:00 Uhr														WH	MHG	BW											
23	$\frac{57}{2}$ ₃	$\frac{60}{2}$ ₂	$\frac{62}{2}$ ₂	$\frac{63}{1}$ ₁													13	59	63									
13	$\frac{80}{3}$ ₃	$\frac{85}{2}$ ₂	$\frac{90}{2}$ ₂	$\frac{95}{3}$ ₃	$\frac{100}{3}$ ₃												21	89	100									
25	$\frac{40}{2}$ ₂	$\frac{43}{2}$ ₃	$\frac{46}{2}$ ₂	$\frac{48}{1}$ ₁													13	43	48									
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW											
1	$\frac{67}{2}$ ₂	$\frac{72}{2}$ ₂	$\frac{76}{2}$ ₂	$\frac{80}{2}$ ₂	$\frac{83}{2}$ ₂												14	76	83									
12	$\frac{82}{1}$ ₁	$\frac{86}{1}$ ₂	$\frac{90}{1}$ ₂	$\frac{94}{1}$ ₁	$\frac{98}{1}$ ₁												7	89	94									
5	$\frac{82}{1}$ ₁	$\frac{86}{1}$ ₂	$\frac{90}{1}$ ₂	$\frac{94}{1}$ ₁													6	88	94									
	TÜ 12 & TÜ 5 in Kombination																											
19	$\frac{80}{3}$ ₃	$\frac{85}{2}$ ₂	$\frac{90}{2}$ ₂	$\frac{95}{3}$ ₃	$\frac{100}{2}$ ₂												20	89	100									
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW											
14	$\frac{72}{3}$ ₃	$\frac{78}{3}$ ₃	$\frac{84}{2}$ ₂	$\frac{89}{2}$ ₂	$\frac{93}{3}$ ₃												21	84	93									
20	$\frac{90}{3}$ ₃	$\frac{95}{2}$ ₂	$\frac{100}{2}$ ₂	$\frac{105}{3}$ ₃	$\frac{110}{3}$ ₃												21	99	110									
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW											
7	$\frac{70}{2}$ ₂	$\frac{74}{2}$ ₂	$\frac{78}{2}$ ₂	$\frac{80}{1}$ ₁													13	74	80									
3	$\frac{70}{1}$ ₁	$\frac{75}{1}$ ₁	$\frac{80}{1}$ ₂	$\frac{85}{1}$ ₁	$\frac{90}{1}$ ₁												6	80	90									
22	$\frac{67}{3}$ ₂	$\frac{71}{3}$ ₂	$\frac{74}{3}$ ₂														18	71	74									
TÜ	Freitag 09:30 Uhr														WH	MHG	BW											
13	$\frac{74}{3}$ ₃	$\frac{79}{2}$ ₂	$\frac{84}{2}$ ₂	$\frac{89}{3}$ ₃	$\frac{94}{3}$ ₃												21	83	94									
TÜ	Freitag 16:00 Uhr														WH	MHG	BW											
1	$\frac{77}{2}$ ₂	$\frac{82}{2}$ ₂	$\frac{85}{2}$ ₂	$\frac{88}{1}$ ₁	$\frac{90}{1}$ ₁												12	83	90									
4	$\frac{78}{1}$ ₁	$\frac{82}{1}$ ₂	$\frac{86}{1}$ ₂	$\frac{90}{1}$ ₁	$\frac{94}{1}$ ₁												7	85	94									
26	$\frac{63}{2}$ ₂	$\frac{67}{2}$ ₂	$\frac{71}{2}$ ₂	$\frac{75}{2}$ ₂	$\frac{79}{1}$ ₁												13	70	79									
TÜ	Samstag 10:00 Uhr														WH	MHG	BW											
19	$\frac{70}{3}$ ₃	$\frac{75}{2}$ ₂	$\frac{80}{3}$ ₃	$\frac{85}{3}$ ₃	$\frac{90}{3}$ ₃												18	79	90									
	TÜ 29: 3x TÜ 19 & 1x TÜ 12																											
14	$\frac{75}{3}$ ₃	$\frac{80}{3}$ ₃	$\frac{85}{2}$ ₂	$\frac{90}{3}$ ₃	$\frac{95}{3}$ ₃	$\frac{100}{3}$ ₃											21	87	100									

Trainer:

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DEUTSCHER GEWICHTHEBER

Woche:15/2018

Junioren u20 Musterplan

K1-7: 206Wh/84kg/17,2t					K1-5: 188Wh/85kg/15,9t					Bel.: g			WK																	
K1: 57			K2: 26		K3: 63			K4:		K5: 42		K6: 18	K7:																	
1	44	77	97	1	6	12	83	87	2	13	42	83	93	3			19	21	83	92	3	22	18	74	80	3				
3	6	84	90	1	7	14	76	85	1	14	21	86	95	3			20	21	107	117	3									
5	7	96	102	1																										
TÜ	Montag 09:30 Uhr											WH	MHG	BW																
22	$\frac{70}{3}_2$	$\frac{74}{3}_2$	$\frac{78}{3}$	$\frac{80}{3}$																18	74	80								
13	$\frac{70}{3}$	$\frac{74}{3}$	$\frac{78}{3}_2$	$\frac{82}{3}_2$	$\frac{84}{3}$															21	78	84								
TÜ	Montag 16:00 Uhr											WH	MHG	BW																
1	$\frac{74}{2}$	$\frac{78}{2}_2$	$\frac{82}{2}$	$\frac{84}{2}_2$																12	80	84								
20	$\frac{97}{3}$	$\frac{102}{3}_2$	$\frac{107}{3}$	$\frac{112}{3}_2$	$\frac{117}{3}$															21	107	117								
TÜ	Dienstag 16:00 Uhr											WH	MHG	BW																
5	$\frac{90}{1}$	$\frac{92}{1}$	$\frac{94}{1}$	$\frac{96}{1}$	$\frac{98}{1}$	$\frac{100}{1}$	$\frac{102}{1}$												7	96	102									
14	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}_3$	$\frac{95}{3}$															21	86	95								
TÜ	Mittwoch 09:30 Uhr											WH	MHG	BW																
1	$\frac{65}{3}_3$	$\frac{70}{3}_2$	$\frac{75}{3}$	$\frac{80}{1}$	$\frac{85}{2}$	$\frac{90}{1}$												22	71	90										
TÜ	Mittwoch 16:00 Uhr											WH	MHG	BW																
6	$\frac{77}{2}$	$\frac{81}{2}_2$	$\frac{85}{2}_2$	$\frac{87}{2}$																12	83	87								
19	$\frac{74}{3}$	$\frac{79}{3}_2$	$\frac{84}{3}_2$	$\frac{88}{3}$	$\frac{92}{3}$															21	83	92								
TÜ	Freitag 16:00 Uhr											WH	MHG	BW																
7	$\frac{70}{2}_2$	$\frac{75}{2}_2$	$\frac{80}{2}_2$	$\frac{83}{1}$	$\frac{85}{1}$															14	76	85								
13	$\frac{80}{3}$	$\frac{84}{3}_2$	$\frac{88}{3}_2$	$\frac{91}{3}$	$\frac{93}{3}$															21	87	93								
TÜ	Samstag 17:00 Uhr											WH	MHG	BW																
1	$\frac{80}{2}_2$	$\frac{84}{1}_2$	$\frac{88}{1}$	$\frac{92}{1}$	$\frac{95}{1}$	$\frac{97}{1}$												10	86	97										
3	$\frac{75}{1}$	$\frac{80}{1}$	$\frac{83}{1}$	$\frac{86}{1}$	$\frac{88}{1}$	$\frac{90}{1}$												6	84	90										
Wettkampf																														

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Junioren u20 Musterplan

Woche:16/2018

K1-7: 274Wh/82kg/22,4t					K1-5: 199Wh/88kg/17,6t					Bel.: h			MTP																	
K1: 42			K2: 20			K3: 84			K4:	K5: 53			K6: 58		K7: 17															
1	21	83	93	1	7	13	78	87	1	13	42	86	97	3		18	12	102	105	2	22	12	74	77	2	29	17	82	90	2
3	6	82	95	1	12	7	90	97	1	14	42	87	97	3		19	20	94	103	2	23	11	59	62	1					
4	7	89	97	1												20	21	99	110	3	25	21	44	46	3					
5	8	91	97	1												26	14	69	77	2	26	14	69	77	2					
TÜ	Montag 09:30 Uhr														WH	MHG	BW													
22	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{77}{2}$																									12	74	77
23	$\frac{57}{2}$	$\frac{60}{2}$	$\frac{62}{1}$																									11	59	62
TÜ	Montag 16:00 Uhr														WH	MHG	BW													
12	$\frac{82}{1}$	$\frac{87}{1}$	$\frac{91}{1}$	$\frac{94}{1}$	$\frac{97}{1}$																							7	90	97
5	$\frac{82}{1}$	$\frac{87}{1}$	$\frac{91}{1}$	$\frac{94}{1}$	$\frac{97}{1}$																							8	91	97
	TÜ 12 & TÜ 5 in Kombination																													
19	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{100}{3}$	$\frac{103}{2}$																							20	94	103
TÜ	Dienstag 16:00 Uhr														WH	MHG	BW													
13	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{94}{3}$	$\frac{97}{3}$																							21	89	97
1	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{80}{2}$	$\frac{84}{2}$	$\frac{87}{2}$																							14	80	87
TÜ	Mittwoch 09:30 Uhr														WH	MHG	BW													
14	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{95}{3}$																							21	84	95
20	$\frac{85}{3}$	$\frac{95}{3}$	$\frac{100}{3}$	$\frac{105}{3}$	$\frac{110}{3}$																							21	99	110
TÜ	Mittwoch 16:00 Uhr														WH	MHG	BW													
7	$\frac{70}{2}$	$\frac{75}{2}$	$\frac{79}{2}$	$\frac{82}{1}$	$\frac{85}{1}$	$\frac{87}{1}$																						13	78	87
3	$\frac{68}{1}$	$\frac{74}{1}$	$\frac{80}{1}$	$\frac{85}{1}$	$\frac{90}{1}$	$\frac{95}{1}$																						6	82	95
TÜ	Freitag 09:30 Uhr														WH	MHG	BW													
13	$\frac{75}{3}$	$\frac{80}{3}$	$\frac{84}{3}$	$\frac{88}{3}$	$\frac{90}{3}$																							21	83	90
18	$\frac{98}{2}$	$\frac{102}{2}$	$\frac{105}{2}$																									12	102	105
TÜ	Freitag 16:00 Uhr														WH	MHG	BW													
1	$\frac{80}{1}$	$\frac{84}{1}$	$\frac{88}{1}$	$\frac{91}{1}$	$\frac{93}{1}$																							7	88	93
4	$\frac{80}{1}$	$\frac{85}{1}$	$\frac{90}{1}$	$\frac{94}{1}$	$\frac{97}{1}$																							7	89	97
26	$\frac{60}{2}$	$\frac{65}{2}$	$\frac{70}{2}$	$\frac{74}{2}$	$\frac{77}{2}$																							14	69	77
25	$\frac{42}{3}$	$\frac{44}{3}$	$\frac{46}{3}$																									21	44	46
TÜ	Samstag 10:00 Uhr														WH	MHG	BW													
29	$\frac{74}{3}$	$\frac{79}{3}$	$\frac{84}{3}$	$\frac{88}{3}$	$\frac{90}{2}$																							17	82	90
	TÜ 29: 3x TÜ 19 & 1x TÜ 5																													
14	$\frac{80}{3}$	$\frac{85}{3}$	$\frac{90}{3}$	$\frac{94}{3}$	$\frac{97}{3}$																							21	89	97

