

Trainingsplan Nordendarena vom 01.04.2025 bis 30.04.2025

| Montag     |          |          |     |          |       | Dienstag |               |      |     |        |      | Mittwoch |       |                           |     |        |      |
|------------|----------|----------|-----|----------|-------|----------|---------------|------|-----|--------|------|----------|-------|---------------------------|-----|--------|------|
| Uhrzeit    | KR 1     | KR 2     | NR1 | NR 2     | NR 3  | Uhrzeit  | KR 1          | KR 2 | NR1 | NR 2   | NR 3 | Uhrzeit  | KR 1  | KR 2                      | NR1 | NR 2   | NR 3 |
| 16:00      | BAMBINI  |          |     |          |       | 16:00    | Ü70           | E2   |     |        |      | 16:00    |       |                           |     | E-M    |      |
| 16:15      | BAMBINI  |          |     |          |       | 16:15    | Ü70           | E2   |     |        |      | 16:15    |       |                           |     | E-M    |      |
| 16:30      | BAMBINI  |          | F2  |          |       | 16:30    | Ü70           | E2   |     |        |      | 16:30    |       |                           |     | E-M    |      |
| 16:45      | BAMBINI  | E-M/D2-M | F2  | E3       |       | 16:45    | Ü70           | E2   |     |        |      | 16:45    | D2/D3 | E3                        |     | E1/E-M |      |
| 17:00      | BAMBINI  | E-M/D2-M | F2  | E3/D2/D3 | F1    | 17:00    | D1            | E2   |     |        | D4   | 17:00    | D2/D3 | E3                        |     | E1/E-M | F1   |
| 17:15      | BAMBINI  | E-M/D2-M | F2  | E3/D2/D3 | F1    | 17:15    | D1            | E2   |     |        | D4   | 17:15    | D2/D3 | E3                        |     | E1/E-M | F1   |
| 17:30      | D1-M     | E-M/D2-M | F2  | E3/D2/D3 | F1    | 17:30    | D1            | C2   |     | C1     | D4   | 17:30    | D2/D3 | D1-M/E3                   |     | E1/E-M | F1   |
| 17:45      | D1-M     | E-M/D2-M | F2  | D2/D3    | F1    | 17:45    | D1            | C2   |     | C1     | D4   | 17:45    | D2/D3 | D1-M/E3                   |     | E1/E-M | F1   |
| 18:00      | D1-M     | E-M/D2-M |     | E3/D2/D3 | E1    | 18:00    | D1            | C2   |     | C1     | D4   | 18:00    | D2/D3 | D1-M/E3                   |     | E1/E-M |      |
| 18:15      | D1-M     | C-M      |     | D2/D3    | E1    | 18:15    | D1            | C2   |     | C1     | D4   | 18:15    | B-M   | D1-M                      |     | B2     |      |
| 18:30      | D1-M     | C-M      |     | B1/B2    | E1    | 18:30    | B-M           | C2   |     | C1/A1  |      | 18:30    | B-M   | D1-M/C-M                  |     | B1/B2  |      |
| 18:45      | D1-M     | C-M      |     | B1/B2    | E1    | 18:45    | B-M           | C2   |     | C1/A1  |      | 18:45    | B-M   | D1-M/C-M                  |     | B1/B2  |      |
| 19:00      |          | C-M      |     | B1/B2    |       | 19:00    | B-M           |      | I.  | A1/II. |      | 19:00    | B-M   | C-M                       |     | B1/B2  |      |
| 19:15      |          | C-M      |     | B1/B2    |       | 19:15    | B-M           |      | I.  | A1/II. |      | 19:15    | B-M   | C-M                       |     | B1/B2  |      |
| 19:30      |          | C-M      |     | B1/B2    |       | 19:30    | B-M           |      | I.  | A1/II. |      | 19:30    | B-M   | C-M                       |     | B1/B2  |      |
| 19:45      | FZT      |          |     | B1/B2    |       | 19:45    | B-M           |      | I.  | A1/II. |      | 19:45    | Ü32   | C-M                       |     | B1     |      |
| 20:00      | FZT      |          |     |          |       | 20:00    | I.            | II.  |     |        |      | 20:00    | Ü32   | Ü40                       |     |        |      |
| 20:15      | FZT      |          |     |          |       | 20:15    | I.            | II.  |     |        |      | 20:15    | Ü32   | Ü40                       |     |        |      |
| 20:30      | FZT      |          |     |          |       | 20:30    |               |      |     |        |      | 20:30    | Ü32   | Ü40                       |     |        |      |
| 20:45      | FZT      |          |     |          |       | 20:45    |               |      |     |        |      | 20:45    | Ü32   | Ü40                       |     |        |      |
| 21:00      | FZT      |          |     |          |       | 21:00    |               |      |     |        |      | 21:00    | Ü32   | Ü40                       |     |        |      |
| Donnerstag |          |          |     |          |       | Freitag  |               |      |     |        |      | Legende  |       |                           |     |        |      |
| Uhrzeit    | KR 1     | KR 2     | NR1 | NR 2     | NR 3  | Uhrzeit  | KR 1          | KR 2 | NR1 | NR 2   | NR 3 |          | KR1   | Kunstrasenfeld vorne      |     |        |      |
| 16:00      | E2       |          |     |          |       | 16:00    | BAMBINI       | C2   |     |        |      |          | KR2   | Kunstrasenfeld hinten     |     |        |      |
| 16:15      | E2       |          |     |          |       | 16:15    | BAMBINI       | C2   |     |        |      |          |       |                           |     |        |      |
| 16:30      | E2       | F2       |     |          |       | 16:30    | BAMBINI       | C2   |     |        |      |          | NR1   | Rasenfeld vorne           |     |        |      |
| 16:45      | E2       | F2       |     |          |       | 16:45    | BAMBINI       | C2   |     |        |      |          |       |                           |     |        |      |
| 17:00      | E2/D4/D1 | F2       |     |          | D1/D4 | 17:00    |               | C2   |     |        | E1   |          | NR2   | Rasenfeld Mitte           |     |        |      |
| 17:15      | D4/D1    | F2       |     |          | D1/D4 | 17:15    |               | C2   |     |        | E1   |          |       |                           |     |        |      |
| 17:30      | D4/D1    | F2       |     | C2       | D1/D4 | 17:30    | C1            | C1   |     | B2/B1  | E1   |          | NR3   | Rasenfeld unten (kleines) |     |        |      |
| 17:45      | D4/D1    | F2       |     | C2       | D1/D4 | 17:45    | C1            | C1   |     | B2/B1  | E1   |          |       |                           |     |        |      |
| 18:00      | D4/D1    | C1       |     | C2       | D1/D4 | 18:00    | C1            | C1   |     | B2/B1  | E1   |          |       |                           |     |        |      |
| 18:15      | D4/D1    | C1       |     | C2       | D1/D4 | 18:15    | C1            | C1   |     | B2/B1  | E1   |          |       |                           |     |        |      |
| 18:30      | B-M      | C1       |     | C2/A1    |       | 18:30    | C1            | C1   |     | B2/B1  |      |          |       |                           |     |        |      |
| 18:45      | B-M      | C1       |     | C2/A1    |       | 18:45    | C1            | C1   |     | B2/B1  |      |          |       |                           |     |        |      |
| 19:00      | B-M      | C1       | I.  | A1/II.   |       | 19:00    | Ü32/Ü40 Spiel |      |     |        |      |          | 10:00 |                           |     |        |      |
| 19:15      | B-M      | C1       | I.  | A1/II.   |       | 19:15    |               |      |     |        |      |          | 10:15 |                           |     |        |      |
| 19:30      | B-M      |          | I.  | A1/II.   |       | 19:30    |               |      |     |        |      |          | 10:30 |                           |     |        |      |
| 19:45      | B-M      |          | I.  | A1/II.   |       | 19:45    |               |      |     |        |      |          | 10:45 |                           |     |        |      |
| 20:00      | I.       | II.      |     |          |       | 20:00    |               |      |     |        |      |          | 11:00 |                           |     |        |      |
| 20:15      | I.       | II.      |     |          |       | 20:15    |               |      |     |        |      |          | 11:15 |                           |     |        |      |
| 20:30      |          |          |     |          |       | 20:30    |               |      |     |        |      |          | 11:30 |                           |     |        |      |
| 20:45      |          |          |     |          |       | 20:45    |               |      |     |        |      |          | 11:45 |                           |     |        |      |
| 21:00      |          |          |     |          |       | 21:00    |               |      |     |        |      |          | 12:00 |                           |     |        |      |
|            |          |          |     |          |       |          |               |      |     |        |      |          | 12:15 |                           |     |        |      |
|            |          |          |     |          |       |          |               |      |     |        |      |          | 12:30 |                           |     |        |      |
|            |          |          |     |          |       |          |               |      |     |        |      |          | 13:00 |                           |     |        |      |
|            |          |          |     |          |       |          |               |      |     |        |      |          | 21:00 |                           |     |        |      |

|     |                                 |         |                                   |
|-----|---------------------------------|---------|-----------------------------------|
| I.  | 1. Herren (Krüger/Schilf)       | D-M     | D-Jugend (Schulz/Beloch)          |
| II. | 2. Herren/U23 (Weigt)           | D2-M    | D-Jugend (Schulz/Schmitt)         |
| Ü32 | Altliga Ü32 (Jaskolski/Bloch)   | E1      | E-Jugend (Ziegelsdorff/Landgraf)  |
| Ü40 | Altliga Ü40 (Kroll)             | E2      | E-Jugend (Zwarg)                  |
|     |                                 | E3      | E-Jugend (Sickel)                 |
| Ü70 | Ü70()                           |         |                                   |
| FZT | Freizeitmannschaft (Bismarck)   | E-M     | E-Jugend (Schulz/Spiller)         |
| A1  | A-Jugend (Klemencic/Michling)   | F1      | F-Jugend (v.Tentini/Bloch/Seiler) |
| B1  | B-Jugend (Schubel/Rose/Groß)    | F2      | F-Jugend (Stade/Ecke)             |
| B2  | B-Jugend (Gralow/Caliskan)      | BAMBINI | G-Jugend (Liedtke)                |
| C1  | C-Jugend (Penkuhn/Franz)        |         |                                   |
| C2  | C-Jugend (Gundlach/Warwell)     |         |                                   |
| B-M | C-Jugend (Schmitt)              |         |                                   |
| C-M | C-Jugend (Hähnel/Wicke/Wend)    |         |                                   |
| D1  | D-Jugend (Jaskolski/Graß/Noack) |         |                                   |
| D2  | D-Jugend (Kohlberg/Lange)       |         |                                   |
| D3  | D-Jugend (Eberwein)             |         |                                   |
| D4  | D-Jugend (Besekow/Gerhardt)     |         |                                   |

Stand:  
30.03.2025