

Trainingsplan Nordendarena vom 18.09.2023 bis 30.09.2023

| 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 | | | | E4 ab 15:45 | 16:00 | Ü70 | F1 | | | | 16:00 | | | | | |
| 16:15 | BAMBINI | | | | E4 | 16:15 | Ü70 | F1 | | | | 16:15 | | | | | |
| 16:30 | BAMBINI | | | | E4 | 16:30 | Ü70 | F1 | | | | 16:30 | | | | | |
| 16:45 | BAMBINI | D-/E-MÄD | | | E4 | 16:45 | Ü70 | F1 | | | | 16:45 | E2/E4 | D-/E-MÄD | | D2/D4 | |
| 17:00 | BAMBINI | D-/E-MÄD | | F2/D2/D4 | E4 | 17:00 | E3 | F1 | | C2 | | 17:00 | E2/E4 | D-/E-MÄD | | F2/D2/D4 | |
| 17:15 | BAMBINI | D-/E-MÄD | | F2/D2/D4 | E1 | 17:15 | E3 | F1 | | C2 | | 17:15 | E2/E4 | D-/E-MÄD | | F2/D2/D4 | E1 |
| 17:30 | BAMBINI | D-/E-MÄD | | F2/D2/D4 | E1 | 17:30 | E3 | D1/D3 | | C2/A2 | | 17:30 | E2/E4 | D-/E-MÄD | | F2/D2/D4 | E1 |
| 17:45 | BAMBINI | D-/E-MÄD | | F2/D2/D4 | E1 | 17:45 | E3 | D1/D3 | | C2/A2 | | 17:45 | E2/E4 | D-/E-MÄD | | F2/D2/D4/C1 | E1 |
| 18:00 | C1 | B2 | | D2/D4 | E1 | 18:00 | E3/B/C-MÄD | D1/D3 | | C2/A2 | | 18:00 | B/C2-MÄD | B2 | | C1 | E1 |
| 18:15 | C1 | B2 | | D2/D4 | E1 | 18:15 | C-MÄD | D1/D3 | | A2 | | 18:15 | B/C2-MÄD | B2 | | C1 | E1 |
| 18:30 | C1 | B2 | | | E1 | 18:30 | C-MÄD | D1/D3 | | A2 | | 18:30 | B/C2-MÄD | B2 | | C1 | E1 |
| 18:45 | C1 | B2 | | | | 18:45 | C-MÄD | D1/D3 | | A2 | | 18:45 | B/C2-MÄD | B2 | | C1 | |
| 19:00 | C1/B1 | B2/B1 | | | | 19:00 | C-MÄD/B/C2-MÄD | | | | | 19:00 | B/C2-MÄD/B1 | B2/Ü50 | | | |
| 19:15 | B1 | B1 | | | | 19:15 | B/C2-MÄD | | | | | 19:15 | B1 | Ü50 | | | |
| 19:30 | B1 | B1 | | | | 19:30 | B/C2-MÄD | | | | | 19:30 | B1 | Ü50 | | | |
| 19:45 | B1 | B1 | | | | 19:45 | B/C2-MÄD | | | | | 19:45 | B1 | Ü50 | | | |
| 20:00 | B1/A1 | B1/FZT | | | | 20:00 | B/C2-MÄD/l. | II. | | | | 20:00 | B1/A1 | Ü50/Ü32 | | | |
| 20:15 | A1 | FZT | | | | 20:15 | I. | II. | | | | 20:15 | A1 | Ü32 | | | |
| 20:30 | A1 | FZT | | | | 20:30 | I. | II. | | | | 20:30 | A1 | Ü32 | | | |
| 20:45 | A1 | FZT | | | | 20:45 | I. | II. | | | | 20:45 | A1 | Ü32 | | | |
| 21:00 | A1 | FZT | | | | 21:00 | I. | II. | | | | 21:00 | A1 | Ü32 | | | |
| Donnerstag | | | | | | Freitag | | | | | | Legende | | | | | |
| Uhrzeit | KR 1 | KR 2 | NR1 | NR 2 | NR 3 | Uhrzeit | KR 1 | KR 2 | NR1 | NR 2 | NR 3 | | KR1 | | | | |
| 16:00 | | F1 | | | | 16:00 | BAMBINI | | | | | | KR2 | Kunstrasenfeld hinten | | | |
| 16:15 | | F1 | | | | 16:15 | BAMBINI | | | | | | | | | | |
| 16:30 | | F1 | | | | 16:30 | BAMBINI | | | | | | NR1 | Rasenfeld vorne | | | |
| 16:45 | | F1 | | | | 16:45 | BAMBINI | | | | | | | | | | |
| 17:00 | | F1 | | C2 | E3 | 17:00 | D1 | D3 | | | E2 | | NR2 | Rasenfeld Mitte | | | |
| 17:15 | | F1 | | C2 | E3 | 17:15 | D1 | D3 | | | E2 | | | | | | |
| 17:30 | D1/D3 | F1 | | C2/A2 | E3 | 17:30 | D1 | D3 | | C1/C2 | E2 | | NR3 | Rasenfeld unten (kleines) | | | |
| 17:45 | D1/D3 | F1 | | C2/A2 | E3 | 17:45 | D1 | D3 | | C1/C2 | E2 | | | | | | |
| 18:00 | D1/D3 | C-MÄD | | C2/A2 | E3 | 18:00 | D1 | D3 | | C1/C2 | E2 | | Samstag | | | | |
| 18:15 | D1/D3 | C-MÄD | | A2 | E3 | 18:15 | D1/B1 | D3/B2 | | C1/C2 | E2 | 10:00 | | | | | |
| 18:30 | D1/D3 | C-MÄD | | A2 | | 18:30 | B1 | B2 | | C1/C2 | | 10:15 | | | | | |
| 18:45 | D1/D3 | C-MÄD | | A2 | | 18:45 | B1 | B2 | | C1/C2 | | 10:30 | | | | | |
| 19:00 | B/C2-MÄD | C-MÄD | | | | 19:00 | B1 | B2 | | | | 10:45 | | | | | |
| 19:15 | B/C2-MÄD | | | | | 19:15 | B1 | B2 | | | | 11:00 | | | | | |
| 19:30 | B/C2-MÄD | | | | | 19:30 | B1 | B2 | | | | 11:15 | | | | | |
| 19:45 | B/C2-MÄD | | | | | 19:45 | | | | | | 11:30 | | | | | |
| 20:00 | B/C2-MÄD/l. | II. | | | | 20:00 | | | | | | 11:45 | | | | | |
| 20:15 | I. | II. | | | | 20:15 | | | | | | 12:00 | | | | | |
| 20:30 | I. | II. | | | | 20:30 | | | | | | 12:15 | | | | | |
| 20:45 | I. | II. | | | | 20:45 | | | | | | 12:30 | | | | | |
| | | | | | | | | | | | | 13:00 | | | | | |

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| I. 1. Herren (Krüger/Rompel) II. 2. Herren/Ü23 (Weigt/Gallrach) Ü32 Altliga Ü32 (Edeling/Hausmann) Ü50 Altliga Ü50 (Penkuhn) Ü70 Ü70() Frauen Frauenmannschaft (Schmitt) FZT Freizeitmannschaft (Bismarck) A1 A-Jugend (Küster) A2 A-Jugend (Elsholz) B-MÄD B-Jugend (Schmitt) | B1 B-Jugend (Klemencic/Michling/Groll) B2 B-Jugend (Schubel/Rose/Groß) C1 C-Jugend (Gralow/Caliskan/Labs) C2 C-Jugend (Penkuhn/Franz) C-MÄD C-Jugend (Neumann/Schulz) C2-MÄD C-Jugend (Schmitt) D1 D-Jugend (Gundlach/Valtin) D2 D-Jugend (Valtin/Gundlach) D3 D-Jugend (Warwell) D4 D-Jugend (Waser/Valtin) | D-MÄD D-Jugend (Schulz/Beloch) E1 E-Jugend (Jaskolski/Graß) E2 E-Jugend (Ziegelsdorff/Landgraf) E3 E-Jugend (Besekow/Gerhardt) E4 E-Jugend (Sickel) E-MÄD E-Jugend (Schulz) F1 F-Jugend (Zwarg/Noack) F2 F-Jugend (Tentini) BAMBINI G-Jugend (Liedtke) |
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Stand:
15.09.2023