

Trainingslager Heidelberg

02. 01. 2014 - 06. 01. 2014

Ergebnisse (innerhalb von Serien und Langbahn, deshalb sind die Zeiten im)

Kontext zu den Trainingsinhalten und ferner der Trainingsdauer zu sehen!

Fabio Leone	95
Joshua Bez	95
Alexander Wendt	97
Sebastian Rombach	96
Lisa Ruppert	97
Marina Zoll	96
Franziska Kurth	95
Tabea Gebauer	99
Hanna Jäger	00
Lina Deuring	98

<u>2.1. 100m</u>	
01:00,86min.	De
01:03,20min.	De
01:02,67min.	Kr
01:09,42min.	Rü
01:16,20min.	De
01:24,64min.	Rü
01:06,45min.	Kr
01:08,10min.	Kr
01:32,57min.	Br
01:29,42min.	Br

<u>3.1. morgens (100m, 100m)</u>			
01:02,50min.	De	01:02,40min.	De
01:02,70min.	De	01:03,30min.	De
01:08,80min.	De	01:08,60min.	De
01:10,80min.	Rü	01:10,80min.	Rü
01:08,40min.	Kr	01:10,50min.	Kr
01:11,80min.	Kr	01:14,10min.	Kr
01:07,30min.	Kr	01:06,70min.	Kr
01:07,30min.	Kr	01:08,20min.	Kr
01:13,60min.	Kr	01:14,10min.	Kr
01:32,20min.	Br	01:32,20min.	Br

<u>3.1. abends (100m)</u>		<u>3.1. abends (100m)</u>	
01:08,40min.	Rü	01:10,50min.	Rü
01:04,23min.	Kr	01:06,90min.	Kr
01:15,00min.	Rü	01:12,89min.	Rü
01:03,80min.	Kr	01:04,40min.	Kr
01:15,70min.	De	01:17,00min.	De
01:40,00min.	Br	01:38,90min.	Br
01:24,30min.	Rü	01:21,20min.	Rü
01:18,39min.	Rü	01:18,00min.	Rü
01:30,32min.	Rü	01:29,80min.	Rü
01:26,92min.	Rü	01:27,50min.	Rü

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<u>4.1. morgens (200m 1.NL, 100m 2.NL)</u>			
02:28,50min.	Rü	00:57,40min.	Kr
02:20,90min.	Kr	01:18,00min.	Br
02:46,40min.	Rü	01:05,20min.	Kr
02:24,80min.	Kr	01:13,30min.	De
02:29,20min.	Kr	01:24,00min.	Rü
03:00,40min.	Rü	01:42,30min.	Br
02:50,40min.	Rü	01:17,40min.	De
02:52,50min.	Rü	01:29,80min.	Br
03:22,60min.	Br	01:29,50min.	Rü
03:18,10min.	Br	01:24,80min.	Kr

<u>4.1. abends (50mHL)</u>	
00:27,23min.	De
00:28,73min.	De
00:30,73min.	De
00:32,42min.	Rü
00:30,51min.	Kr
00:33,04min.	Kr
00:32,95min.	Kr
00:29,67min.	Kr
00:34,07min.	Kr
00:42,54min.	Br

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<u>6.1. 30min Test</u>	
2390 m	Kr
2165 m	Kr
2270 m	Kr
2275 m	Kr
2175 m	Kr
1950 m	KFp
2010 m	Kr
2175 m	Kr
1950 m	Kr
1810 m	K/R

<u>500 m</u>	
06:13,00min.	
06:50,00min.	
06:44,00min.	
06:46,00min.	
06:52,00min.	
07:22,00min.	
07:12,00min.	
07:07,00min.	
07:37,00min.	
07:57,00min.	

<u>1000 m</u>	
12:32,00min.	
13:46,00min.	
13:25,00min.	
13:29,00min.	
13:43,00min.	
15:15,00min.	
14:36,00min.	
14:09,00min.	
15:26,00min.	
15:58,00min.	

<u>1500 m</u>	
18:45,00min.	
21:02,00min.	
20:04,00min.	
20:06,00min.	
20:37,00min.	
23:03,00min.	
22:13,00min.	
21:13,00min.	
23:14,00min.	
24:05,00min.	

<u>6.1. 50max.</u>	
00:26,70min.	De
00:28,64min.	De
00:27,80min.	Kr
00:27,95min.	Kr
00:30,64min.	De
00:33,70min.	Kr
00:30,29min.	Kr
00:30,20min.	Kr
00:32,89min.	Kr
00:36,48min.	Kr