

Rahmenplan

	Sonntag, 02.06.24		
	07:45	Abf MHC	2h20min 228km
	08:30	Abf HN	1h45min 150km
	08:45	Abf LB	1h25min 120km
	09:05	Abf BB	1h10min 100km
	10:15	Anreise U16m	
	10:40	warm up	
Spiel 4 x 15	11:30	U16m HBW - BAY	
	12:45	ca Ende	
Mittagessen	13:00	U16 m	
	13:45	Besprechung	
	14:20	warm up	
Spiel 4 x 15	15:00	U16m HBW - BAY	
	16:15	ca Ende	
	16:45	Abreise U16m	
	17:55	An BB	1h10min 100km
	18:15	AnLB	1h25min 120km
	18:30	An HN	1h45min 150km
	19:15	An MHC	2h20min 228km