

## Rahmenplan HBW

Freitag, 07.06.24	Samstag, 08.06.24	Sonntag, 09.06.24
	06:10 Lauf U16	07:50 Lauf U16
	06:30 Frühstück	08:15 Frühstück
	<b>07:15 Video / Besprechung mit Taschen</b>	08:35 packen
	07:45 Abf MSC	<b>08:50 Besprechung</b>
	08:00 An MSC	09:20 Gepäck in Autos
	8:15 warm up	09:30 Abf - SC80
	<b>9:00 PI 2 HBW - Bremen (4x10)</b>	09:50 An SC80
	9:50 cool down	09:30 PI1/2 Verlierer 13-14
11:00? Abf MHC 3h55min - 343km	09:00 video HH - Hes Kura1	<b>10:00 warm up</b>
11:45? Abf HN 3h10min - 276km	10:00 PI 2 #4 WHV - BAY	<b>10:45 PI1 Sieg 13 (HH/Hes/B) - Sieg 16 (WHV/NH/Mtds) (4 x 12)</b>
12:00? Abf LB 2h50min - 245km	10:10 Abf - Hotel	<b>10:45 PI2 Sieg 14 (HBW/HH/Hes) - Sieg 15 (B/BAY) (4 x 12)</b>
	10:25 An Hotel	
12:15? Abf S 2h20min - 212km	<b>11:00 Video / Besprechung</b>	11:10 cool down
	12:00 ME Restaurant	12:15 ME Clubgastro MSC
	13:00 Abf MSC	<b>13:00 Besprechung</b>
	13:15 An MSC	<b>13:15 PI3 Bronze (4 x 12)</b>
15:00? An MSC Eberwurzstr. 28 80935 München	13:20 warm up	13:50 warm up
	<b>14:00 PI 1 Brandenb. - HBW (4x10)</b>	<b>14:30 PI1 Finale (4 x 12)</b>
	14:50 cool down	15:40 cool down
	15:00 pl1 #11 video Mtdts - B	
<b>16:00? Kura2 TE U16m PI 1</b>	17:40	16:15 Siegerehrung
<b>17:00?</b>	17:00 PI1 #13 <b>VF 1.A (HH/Hes) - 2.B (Bre)</b>	16:30 Abf
17:15? duschen	16:20 warm up	
18:15? Abf Mongole	<b>17:00 PI1 #14 1. B (HBW) - 2.A (HH/Hes) Kura1 (4 x 12)</b>	
18:30? AE: Mongole	17:50 cool down	
	18:30 PI1 #15 <b>VF 1.C (B) - 2.D (Bay)</b>	
Maria-Probst-Straße 22 80939 München	18:30 PI2 #16 <b>VF 1.D (WHV) - 2.C (NHV/Mtds)</b>	19:00 An S S 2h20min - 212km
19:30? Abf Hotel		19:30 An LB 2h50min - 245km
19:45? holiday Inn Express M-Nord Ingoldstädter Str. 46 80807 München	19:00 AE Clubgastro MSC	19:45 An HN 3h10min - 276km
	19:30 Abf - Hotel	20:30 An MA 3h55min - 343km
	19:45 An Hotel	
<b>20:30 Besprechung</b>	<b>21:00 Video / Besprechung</b>	
22:00 Betruhe	22:00 Betruhe	