

Trainingsplan / Training schedule / Plan de l'entrainement

Hallenradsport - Weltmeisterschaft Freiburg 2005			
Indoor Cycling World Championship 2005			
24 - 26 / 11 / 2005			
Freiburg (GER)			
Donnerstag		Wettkampffläche	Trainingsfläche
24.11.2005			Kunstradfahren
			Radball
08:00	08:05	GER	
08:05	08:10	GER	GER
08:10	08:15	GER	GER
08:15	08:20	GER	GER
08:20	08:25	GER	GER
08:25	08:30	GER	GER
08:30	08:35	GER	GER
08:35	08:40	POL	GER
08:40	08:45	POL	GER
08:45	08:50	ESP	POL
08:50	08:55	ESP	POL
08:55	09:00	TUR	BEL
09:00	09:05	TUR	BEL
09:05	09:10	NL	BEL
09:10	09:15	NL	BEL
09:15	09:20	NL	BEL
09:20	09:25	NL	CZE
09:25	09:30	BEL	CZE
09:30	09:35	BEL	CZE
09:35	09:40	BEL	CZE
09:40	09:45	BEL	CZE
09:45	09:50	BEL	CZE
09:50	09:55	CZE	CZE
09:55	10:00	CZE	AUT
10:00	10:05	CZE	AUT
10:05	10:10	CZE	AUT
10:10	10:15	CZE	AUT
10:15	10:20	CZE	AUT
10:20	10:25	CZE	AUT
10:25	10:30	AUT	AUT
10:30	10:35	AUT	FRA
10:35	10:40	AUT	FRA
10:40	10:45	AUT	FRA
10:45	10:50	AUT	FRA
10:50	10:55	AUT	FRA
10:55	11:00	AUT	FRA
11:00	11:05	FRA	FRA
11:05	11:10	FRA	SUI
11:10	11:15	FRA	SUI
11:15	11:20	FRA	SUI
11:20	11:25	FRA	SUI
11:25	11:30	FRA	SUI
11:30	11:35	FRA	SUI
11:35	11:40	SUI	SUI
11:40	11:45	SUI	SUI

Hartmut Kimmeler
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24.11.2005				Kunstradfahren	
				Radbball	
11:45		11:50	SUI	HUN	SUI
11:50		11:55	SUI	HUN	SUI
11:55		12:00	SUI	HUN	SUI
12:00		12:05	SUI	HUN	SUI
12:05		12:10	SUI	HUN	SUI
12:10		12:15	SUI	HUN	HUN
12:15		12:20	HUN	MAC	HUN
12:20		12:25	HUN	MAC	HUN
12:25		12:30	HUN	MAC	HUN
12:30		12:35	HUN	MAC	HUN
12:35		12:40	HUN	SVK	ROM
12:40		12:45	HUN	SVK	ROM
12:45		12:50	HUN	SVK	ROM
12:50		12:55	SVK	SVK	ROM
12:55		13:00	SVK	SVK	SVK
13:00		13:05	SVK	UKR	SVK
13:05		13:10	SVK	UKR	SVK
13:10		13:15	SVK	UKR	SVK
13:15		13:20	SVK	UKR	SVK
13:20		13:25	UKR	UKR	BEL
13:25		13:30	UKR	UKR	BEL
13:30		13:35	UKR	BEL	BEL
13:35		13:40	UKR	BEL	BEL
13:40		13:45	UKR	BEL	BEL
13:45		13:50	UKR	BEL	NL
13:50		13:55	BEL	NL	NL
13:55		14:00	BEL	NL	NL
14:00		14:05	BEL	NL	NL
14:05		14:10	BEL	NL	NL
14:10		14:15	NL	NL	ESP
14:15		14:20	NL	NL	ESP
14:20		14:25	NL	NL	ESP
14:25		14:30	MAC	GER	ESP
14:30		14:35	MAC	GER	MAS
14:35		14:40	MAC	GER	MAS
14:40		14:45	MAC	GER	MAS
14:45		14:50	MAS	GER	MAS
14:50		14:55	MAS	GER	
14:55		15:00	MAS	GER	CRO
15:00		15:05	GER	GER	CRO
15:05		15:10	GER	GER	CRO
15:10		15:15	GER	GER	CRO
15:15		15:20	GER	GER	GER
15:20		15:25	GER	AUT	GER
15:25		15:30	GER	AUT	GER

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24.11.2005				Kunstradfahren	
				Radball	
15:30		15:35	GER	AUT	GER
15:35		15:40	GER	AUT	GER
15:40		15:45	GER	AUT	AUT
15:45		15:50	GER	AUT	AUT
15:50		15:55	GER	AUT	AUT
15:55		16:00	GER	AUT	AUT
16:00		16:05	AUT	HKG	HKG
16:05		16:10	AUT	HKG	HKG
16:10		16:15	AUT	HKG	HKG
16:15		16:20	AUT	HKG	HKG
16:20		16:25	AUT	HKG	HKG
16:25		16:30	AUT	HKG	TUR
16:30		16:35	AUT	HKG	TUR
16:35		16:40	AUT	FRA	TUR
16:40		16:45	ROM	FRA	TUR
16:45		16:50	ROM	FRA	
16:50		16:55	CRO	FRA	ROM
16:55		17:00	CRO	FRA	ROM
17:00		17:05	FRA	FRA	ROM
17:05		17:10	FRA	FRA	ROM
17:10		17:15	FRA	FRA	FRA
17:15		17:20	FRA	UKR	FRA
17:20		17:25	FRA	UKR	FRA
17:25		17:30	FRA	UKR	FRA
17:30		17:35	FRA	UKR	FRA
17:35		17:40	FRA	UKR	SLV
17:40		17:45	UKR	HKG	SLV
17:45		17:50	UKR	HKG	SLV
17:50		17:55	UKR	HKG	SLV
17:55		18:00	UKR	HKG	SLV
18:00		18:05	UKR	HKG	HKG
18:05		18:10	HKG	HKG	HKG
18:10		18:15	HKG	JP	HKG
18:15		18:20	HKG	JP	HKG
18:20		18:25	HKG	JP	HKG
18:25		18:30	HKG	JP	JP
18:30		18:35	HKG	CZE	JP
18:35		18:40	HKG	CZE	JP
18:40		18:45	JP	CZE	JP
18:45		18:50	JP	CZE	JP
18:50		18:55	JP	CZE	CZE
18:55		19:00	JP	CZE	CZE
19:00		19:05	CZE	CZE	CZE
19:05		19:10	CZE	CZE	CZE
19:10		19:15	CZE	SVK	CZE

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24.11.2005				Kunstradfahren	
				Radball	
19:15		19:20	CZE	SVK	
19:20		19:25	CZE	SVK	
19:25		19:30	CZE	SVK	
19:30		19:35	CZE	SVK	
19:35		19:40	CZE	SVK	
19:40		19:45	SLV	MAS	
19:45		19:50	SLV	MAS	
19:50		19:55	SLV	SUI	SUI
19:55		20:00	SLV	SUI	SUI
20:00		20:05	SLV	SUI	SUI
20:05		20:10	SUI	SUI	SUI
20:10		20:15	SUI	SUI	SUI
20:15		20:20	SUI	SUI	MAS
20:20		20:25	SUI	SUI	MAS
20:25		20:30	SUI	SUI	MAS
20:30		20:35	SUI	HUN	MAS
20:35		20:40	SUI	HUN	HUN
20:40		20:45	SUI	HUN	HUN
20:45		20:50	HUN	HUN	HUN
20:50		20:55	HUN	HUN	HUN
20:55		21:00	HUN	HUN	HUN
21:00		21:05	HUN	HUN	JP
21:05		21:10	HUN	JP	JP
21:10		21:15	HUN	JP	JP
21:15		21:20	JP	JP	JP
21:20		21:25	JP		JP
21:25		21:30	JP		
21:30		21:35	HKG		
21:35		21:40	HKG		
21:40		21:45	HKG		
21:45		21:50	HKG		
21:50		21:55	HKG		
21:55		22:00	HKG		

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