

## Zeitplan D-Kaderüberprüfung Athletik 16.03.2019

|                 | Vermessung +<br>Nummernausgabe | Fallstabtest | Stand &<br>Reach | BZ    | BD    | Mittag | Basketball-<br>Druckwurf | 30m-<br>Sprint | Medizinball<br>schocken | Rumpf-<br>krafttest | 1500m<br>Lauf |
|-----------------|--------------------------------|--------------|------------------|-------|-------|--------|--------------------------|----------------|-------------------------|---------------------|---------------|
| <b>Gruppe 1</b> | 09:00 - 11:00                  |              |                  | 11:00 | 11:30 | 12:00  | 13:15                    | 13:30          | 14:00                   | 14:20               | 14:50         |
| <b>Gruppe 2</b> |                                |              |                  | 11:20 | 11:50 | 12:15  | 13:30                    | 13:45          | 14:15                   | 14:40               | 15:10         |
| <b>Gruppe 3</b> |                                |              |                  | 11:35 | 12:05 | 12:30  | 13:45                    | 14:00          | 14:30                   | 15:00               | 15:30         |
| <b>Gruppe 4</b> |                                |              |                  | 11:55 | 12:25 | 12:45  | 14:00                    | 14:15          | 14:45                   | 15:20               | 15:50         |
| <b>Gruppe 5</b> |                                |              |                  | 12:15 | 12:45 | 13:00  | 14:15                    | 14:30          | 15:00                   | 15:40               | 16:10         |