

**1. Lauf Deutsche Meisterschaft 2017 Ober-Mörlen e.V.
Freitag 11.08.2017**

8:00 Uhr bis 9.00 Uhr Registrierung

8:30 Fahrerbesprechung

ab 09:00 Uhr kontrolliertes Gruppentraining

10 Min. Training

Startzeit	Lauf	Gruppe	Dauer
09:00	1. Training	Gr. 1	00:12
09:12	1. Training	Gr. 2	00:12
09:24	1. Training	Gr. 3	00:12
09:36	1. Training	Gr. 4	00:12
09:48	1. Training	Gr. 5	00:12
10:00	1. Training	Gr. 6	00:12
10:12	1. Training	Gr. 7	00:12
10:24	1. Training	Gr. 8	00:12
10:36	1. Training	Gr. 9	00:12
10:48	1. Training	Gr. 10	00:12
11:00	1. Training	Gr. 11	00:12

10 Min. Training

13:24	3. Training	Gr. 1	00:12
13:36	3. Training	Gr. 2	00:12
13:48	3. Training	Gr. 3	00:12
14:00	3. Training	Gr. 4	00:12
14:12	3. Training	Gr. 5	00:12
14:24	3. Training	Gr. 6	00:12
14:36	3. Training	Gr. 7	00:12
14:48	3. Training	Gr. 8	00:12
15:00	3. Training	Gr. 9	00:12
15:12	3. Training	Gr. 10	00:12
15:24	3. Training	Gr. 11	00:12

5 Min. Training

17:24	5. Training	Gr. 1	00:09
17:33	5. Training	Gr. 2	00:09
17:42	5. Training	Gr. 3	00:09
17:51	5. Training	Gr. 4	00:09
18:00	5. Training	Gr. 5	00:09
18:09	5. Training	Gr. 6	00:09
18:18	5. Training	Gr. 7	00:09
18:27	5. Training	Gr. 8	00:09
18:36	5. Training	Gr. 9	00:09
18:45	5. Training	Gr. 10	00:09
18:54	5. Training	Gr. 11	00:09

10 Min. Training

Startzeit	Lauf	Gruppe	Dauer
11:12	2. Training	Gr. 1	00:12
11:24	2. Training	Gr. 2	00:12
11:36	2. Training	Gr. 3	00:12
11:48	2. Training	Gr. 4	00:12
12:00	2. Training	Gr. 5	00:12
12:12	2. Training	Gr. 6	00:12
12:24	2. Training	Gr. 7	00:12
12:36	2. Training	Gr. 8	00:12
12:48	2. Training	Gr. 9	00:12
13:00	2. Training	Gr. 10	00:12
13:12	2. Training	Gr. 11	00:12

5 Min. Training

15:45	4. Training	Gr. 1	00:09
15:54	4. Training	Gr. 2	00:09
16:03	4. Training	Gr. 3	00:09
16:12	4. Training	Gr. 4	00:09
16:21	4. Training	Gr. 5	00:09
16:30	4. Training	Gr. 6	00:09
16:39	4. Training	Gr. 7	00:09
16:48	4. Training	Gr. 8	00:09
16:57	4. Training	Gr. 9	00:09
17:06	4. Training	Gr. 10	00:09
17:15	4. Training	Gr. 11	00:09

5 Min. Training Samstag mit neuer Gruppeneinteilung

08:00	6. Training	Gr. 1	00:09
08:09	6. Training	Gr. 2	00:09
08:18	6. Training	Gr. 3	00:09
08:27	6. Training	Gr. 4	00:09
08:36	6. Training	Gr. 5	00:09
08:45	6. Training	Gr. 6	00:09
08:54	6. Training	Gr. 7	00:09
09:03	6. Training	Gr. 8	00:09
09:12	6. Training	Gr. 9	00:09
09:21	6. Training	Gr. 10	00:09
09:30	6. Training	Gr. 11	00:09