

Trainingszeiten Ziegenhain 2023

| | <i>Uhrzeit</i> | <i>Platz 1</i> | <i>Platz 2</i> | <i>Platz 3</i> | <i>Platz 4</i> |
|-------------------|----------------|-----------------|-------------------|--------------------|--------------------|
| | | | | | |
| Montag | 14-15 | | Training Stefan | | |
| | 15-17 | Training Stefan | Training Stefan | | |
| | 17-18 | Training Stefan | Training Stefan | | |
| | 18-19 | Training Stefan | Training Stefan | | |
| | 19-20 | | Training Stefan | | |
| | 20-21 | | Training Stefan | | |
| Dienstag | 09-10 | | | Training Herren 70 | Training Herren 70 |
| | 10-11 | | | Training Herren 70 | Training Herren 70 |
| | 11-16 | | | | |
| | 16-18 | | | | |
| | 18-19 | | | Training Herren 40 | Training Herren 40 |
| | 19-20 | | | Training Herren 40 | Training Herren 40 |
| | 19-21 | | | | |
| Mittwoch | 13-14 | | Training Stefan | | |
| | 14-15 | | Training Stefan | | |
| | 15-16 | | Training Stefan | Training Helge | |
| | 16-17 | | Training Stefan | Training Helge | |
| | 17-18 | | Training Stefan | Training Helge | Training Herren 50 |
| | 18-19 | | Training Stefan | Training Herren 50 | Training Herren 50 |
| | 19-20 | | Training Stefan | Training Herren 50 | Training Herren 50 |
| | 20-21 | | Training Stefan | | |
| Donnerstag | 16-17 | | | | |
| | 17-18 | | Training Damen 50 | | |
| | 18-19 | | Training Damen 50 | Training Herren 60 | Training Herren 60 |
| | 19-20 | | | Training Herren 60 | Training Herren 60 |
| | | | | | |
| Freitag | 18-19 | | | Training Herren 40 | Training Herren 40 |
| | 19-20 | | | Training Herren 40 | Training Herren 40 |
| | | | | | |
| Samstag | 9-10 | | | Training Leonard | |
| | 10-11 | Training Lorenz | Training Stefan | Training Leonard | |
| | 11-12 | Training Lorenz | Training Stefan | Training Leonard | |
| | 12-13 | Training Lorenz | Training Stefan | Training Leonard | |
| | 13-14 | Training Lorenz | Training Stefan | | |
| | 14-15 | | Training Stefan | | |
| | 15-16 | | Training Stefan | | |
| | 16-17 | | | | |
| | 17-18 | | | | |
| | 18-19 | | | | |

