## *Trainingsplan Saison 2022/23 ab 04.07.2022 bis 31.10.2022*

| ab Uhrzeit ab | Montag | | | | | | | | Dienstag | | | | | | | | | Mittwoch | | | | | | | | Donnerstag | | | | | | | | Freitag | | | | | | | | | Sonntag | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | P 1 | P 2 | P 3 | P 4 | NP | R 1 | R 2 | R3 | P 1 | P 2 | P 3 | P 4 | NP | R 1 | R 2 | GSM | GYR | P 1 | P 2 | P 3 | P 4 | NP | R1 | R2 | RBS | P 1 | P 2 | P 3 | P 4 | NP | R 1 | R 2 | GSW | P 1 | P 2 | P 3 | P 4 | NP | R1 | R2 | R3 | R4 | NP | HSR |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | RE 10-12 | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | G2 | GN | | | G1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | G2 | | | MB | G1 | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | E1 | E2 | E3 | F1 | F2 | C2 | | | D1 | D2 | U11 | | | | | | | E1 | E2 | E3 | F3 | F4 | | | | D1 | D2 | U11 | GN | | | | | D1 | EFT | E1 | F1 | F2 | F3 | F4 | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | TW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | U15 | | U17 | | | C1 | | | C1 | B1 | U13 | A2 | | | | | | B1 | | C2 | U17 | U17 | | | | C1 | U15 | U13 | A2 | | | | | Da/U17 | A1 | U17 | U15 | | B1 | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | Da | | A1 | | Ü40 | | | | 1.MS | 2.MS | RE | | | | | | | Da | | A1 | Ü50 | | | | | 1.MS | 2.MS | Ü32 | | | | | | 1.MS | | | HV JV | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| P1 + P2 | Grünstraße linke Platzhälfte |
| P3 + P4 | Grünstraße rechte Platzhälfte |
| NP | Grünstraße Nebenplatz |
| R1 - R4 | Rankestraße 1/4 - Platz |

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| GSM | Grundschule Millrath |
| HSR | Hauptschule Rankestraße |
| GYR | Gymnasium Rankestraße |

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| GSS | Grundschule Sandheide |
| GSW | Grundschule Willbeck |
| RBS | Regenbogenschule Kempen |

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| **Da** | | Peter Rathner<br>Carsten Finis | **1.MS** | | Julian Ramos | **D1** | 2010<br>2011 | Konstantin Baron<br>Ilkin Huseynov | **F1** | 2014 | David Fröschl<br>Josef Tessikowski |
| **U17** | 2006<br>2007 | Meret Folten<br>Martin Weis | **2.MS** | | Marco Cirmena | **D2** | 2010<br>2011 | Johann Hübschen<br>Jaro Vogtmüller | **F2** | 2014 | Marjan Angelovski<br>Michael Rossi |
| **U15** | 2008<br>2009 | Marius Keppeler<br>Bastian Lüdorf | **A1** | 2004<br>2005 | Christian Schumacher<br>Sascha Priess | **D3** | | | **F3** | 2015 | Henning Braun<br>Tobias Gassmann |
| **U13** | 2010<br>2011 | Meret Folten<br>Ronja Findeisen | **A2** | 2004<br>2005 | N.N.<br>Olaf Wallrabe-Franke | **E1** | 2012 | Müslüm Vural<br>Max Zäh | **F4** | 2015 | Shara Nikelait<br>Markus Bühren |
| **U11** | 2012<br>2013 | Danielle Weis<br>Lotta Fuhrmann u. a. | **B1** | 2006<br>2007 | Volker Simon<br>Stergios Vassiliou | **E2** | 2012 | Dominik Neumann<br>Daniel Schauff | **G1** | 2016 | Carsten Triem<br>Wolfgang Schmitz |
| **Ü50** | | Volker Hoffmann | **B2** | 2006<br>2007 | | **E3** | 2013 | N.N. | **G2** | 2016 | Dirk Gernoth<br>Michael Helling |
| **Ü40** | | Peter Mollenhauer | **C1** | 2008<br>2009 | Pierre Franke<br>Kevin Naulin etc. | **E4** | 2013 | | **GN** | 2017 | Harald Equit<br>Klaus Kolaric |
| **RE** | | Arkadius Kiehl | **C2** | 2008<br>2009 | N.N. | **MB** | | Mini-Bambinis<br>Maike Reale<br>Thomas Plümacher | **U32** | | Pascal Richter |
| **AM** | | Nicole Findeisen | | | | | | | | | |