

Zeitplan / Time table

Training auf der 400m Kunsteisbahn
training and competition on the 400m track

Änderungen vorbehalten / subject to change

Tag	Datum	Anfang	Ende	Programm	Ice clean. time
Do	13.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	OffenesTraining NationalTeam NLSa&b,OffenesTraining NationalTeam DEC,OffenesTraining	
Fr	14.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	NLSa&b,OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Sa	15.12.18	08:00 09:45 11:30 13:00 16:30	09:30 11:15 12:15 16:00 18:00	OffenesTraining NationalTeam WK-Teilnehmer Frillensee Cup 100-3000 OffenesTraining	
So	16.12.18	08:00 09:30 12:30 14:00	08:45 12:00 14:00 16:00	WK-Teilnehmer Frillensee Cup 100-3000 OffenesTraining Publikumslauf	
Mo	17.12.18	08:00 14:00 15:45 17:45	11:15 15:30 17:30 19:15	Eislaufitag GS Inzell OffenesTraining NLEasy,NationalTeam DEC,OffenesTraining	
Di	18.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	OffenesTraining NLKoVro,NLEasy,NoSpr,NationalTeam OffenesTraining NLKoVro,NLEasy,NationalTeam DEC,OffenesTraining	
Mi	19.12.18	08:00 09:30 14:00 15:45 17:45	09:30 13:00 15:30 17:30 19:15	OffenesTraining Bezirksfinale OffenesTraining NLKoVro,NLEasy,NoSpr,NationalTeam DEC,OffenesTraining	
Do	20.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	NLTil,OffenesTraining NLKoVro,NLEasy,NationalTeam OffenesTraining NLKoVro,NLEasy,NationalTeam DEC,OffenesTraining	

Wir bitten um pünktliches Verlassen der 400m Bahn zur Eisbereitung!

Chiemgau Card auf der 400m Bahn nicht gültig!

Please leave the ice track during the ice polishing!

Chiemgau Card on the 400m rink not valid!

Vorläufiger Zeitplan / preliminary Time table

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Tag	Datum	Anfang	Ende	Programm	Ice clean. time
Fr	21.12.18	08:30 10:15 14:00 16:30 18:00	10:00 12:00 15:30 17:15 21:00	NLTil,OffenesTraining NLKoVro,NLEasy,NoSpr,NationalTeam OffenesTraining NLKoVro,NLEasy,NationalTeam Frillensee Cup 100-3000	
Sa	22.12.18	08:30 10:15 14:00 15:45	10:00 11:45 15:30 17:30	NLTil,OffenesTraining NLEasy,NoSpr,NationalTeam OffenesTraining NLKloVro,NLEasy,NationalTeam	
So	23.12.18	08:00 09:45 14:00 14:00	09:30 11:15 15:30 16:00	OffenesTraining NLKloVro,NLEasy,NationalTeam OffenesTraining Publikumslauf	
Mo	24.12.18	08:30 10:15	10:00 12:00	OffenesTraining NLKloVro,NationalTeam	
Di	25.12.18	08:30 10:15 14:00 15:30	10:00 12:00 15:15 17:00	OffenesTraining NLKloVro,NationalTeam OffenesTraining NLKloVro,NationalTeam	
Mi	26.12.18	08:30 10:15 14:00 15:30	10:00 12:00 15:15 17:00	OffenesTraining NLKloVro,NationalTeam OffenesTraining NLKloVro,NationalTeam	
Do	27.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	OffenesTraining NLKloVro,NationalTeam OffenesTraining NLKloVro,NationalTeam DEC,OffenesTraining	
Fr	28.12.18	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NLKloVro,NLb+z,NationalTeam OffenesTraining NLKloVro,NationalTeam DEC,OffenesTraining	

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Sa	29.12.18	08:00 09:45 11:30 13:00 18:30	09:30 11:15 12:15 18:00 20:00	OffenesTraining NLKloVro,NLb+z,NationalTeam WK-Teilnehmer Int. Race 500+1000+5000 WK-Teilnehmer	
So	30.12.18	08:00 09:30 12:30 14:00	08:45 12:00 14:00 16:00	WK-Teilnehmer Int. Race 500+1500+3000 OffenesTraining Publikumslauf	
Mo	31.12.18	08:30 10:15 14:00	10:00 12:15 16:00	OffenesTraining NLb+z,NationalTeam DEC,OffenesTraining	
Di	01.01.19	08:30 10:15 14:00 15:30	10:00 12:15 15:15 17:00	OffenesTraining NoSpr,NationalTeam DEC,OffenesTraining NLb+z,NoSpr,NationalTeam	
Mi	02.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:15 15:30 17:30 19:15	OffenesTraining NLb+z,NoSpr,NationalTeam NLSa&b,OffenesTraining NLb+z,NationalTeam DEC,OffenesTraining	
Do	03.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:15 15:30 17:30 19:45	BEV,NLSa&b,OffenesTraining BEV,NLb+z,NoSpr,NationalTeam NLSa&b,OffenesTraining BEV,NLb+z,NationalTeam DEC,OffenesTraining	
Fr	04.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:15 15:30 17:30 19:15	BEV,NLSa&b,OffenesTraining BEV,NLb+z,NoSpr,NationalTeam NLSa&b,OffenesTraining BEV,NationalTeam DEC,OffenesTraining	
Sa	05.01.19	08:00 09:45 11:30 13:00 17:30	09:30 11:15 12:15 17:00 19:00	NLSa&b,OffenesTraining NLb+z,NoSpr,NationalTeam WK-Teilnehmer Frillensee Cup 100-3000 BEV,OffenesTraining	

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Tag	Datum	Anfang	Ende	Programm	Ice clean. time
So	06.01.19	08:00 09:30 12:30 14:00	08:45 12:00 14:00 16:00	OffenesTraining Frillensee Cup 100-3000 BEV,NationalTeam Publikumslauf	
Mo	07.01.19	08:45 10:30 14:00 15:45	10:15 12:15 15:30 17:15	DEC,OffenesTraining NationalTeam DEC,OffenesTraining NationalTeam	
Di	08.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	DEC,OffenesTraining NationalTeam DEC,OffenesTraining NationalTeam OffenesTraining	
Mi	09.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	DEC,OffenesTraining NationalTeam DEC,OffenesTraining NationalTeam OffenesTraining	
Do	10.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:00 15:30 17:30 19:45	DEC,OffenesTraining NationalTeam DEC,OffenesTraining NationalTeam OffenesTraining	
Fr	11.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	DEC,OffenesTraining NationalTeam MSC,DEC,OffenesTraining NationalTeam OffenesTraining	
Sa	12.01.19	08:00 09:00 10:45 13:00 18:00	08:45 10:30 12:15 17:00 19:30	DEC,OffenesTraining NationalTeam MSC,WK-Teilnehmer Master Sprint Classics,500,1000 OffenesTraining	

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Tag	Datum	Anfang	Ende	Programm	Ice clean. time
So	13.01.19	08:00 09:30 12:30 14:00	08:45 12:00 14:00 16:00	DEC,OffenesTraining Master Sprint Classics,500, 1000 OffenesTraining Publikumslauf	
Mo	14.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Di	15.01.19	08:30 10:15 14:00 15:45 17:45	10:00 11:45 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Mi	16.01.19	08:30 10:15 14:00 15:45 17:45	10:00 11:45 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Do	17.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:00 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Fr	18.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Sa	19.01.19	08:00 09:45 11:30 13:00 17:00	09:30 11:15 12:15 16:30 18:30	OffenesTraining NationalTeam WK-Teilnehmer 500,1000,3000,5000 DEC,OffenesTraining	
So	20.01.19	08:00 09:30 12:30 14:00	08:45 12:00 14:00 16:00	WK-Teilnehmer 500,1500 DEC,OffenesTraining Publikumslauf	

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Mo	21.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:15 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Di	22.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Mi	23.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Do	24.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:15 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Fr	25.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Sa	26.01.19	08:00 09:45 11:30 13:00 17:00	09:30 11:15 12:15 16:30 18:30	OffenesTraining NationalTeam WK-Teilnehmer Bayerische Meisterschaft DEC,OffenesTraining	
So	27.01.19	07:30 09:00 13:00 14:30	08:15 13:00 14:30 16:00	WK-Teilnehmer Bayerische Meisterschaft DEC,OffenesTraining Publikumslauf	
Mo	28.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:15 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	

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Di	29.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Mi	30.01.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Do	31.01.19	08:45 10:30 14:00 15:45 17:45	10:15 12:15 15:30 17:30 19:45	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining	
Fr	01.02.19	08:30 10:15 14:00 15:45 17:45	10:00 12:00 15:30 17:30 19:15	OffenesTraining NationalTeam OffenesTraining NationalTeam DEC,OffenesTraining(DEC-Gruppe bis 20Uhr)	
Sa	02.02.19	08:00 09:45 11:45 13:00 17:00	09:30 11:30 12:15 16:00 18:30	OffenesTraining NationalTeam OfficialTrainingCompetition 500+1000+1500+3000m DEC,OffenesTraining	10:30
So	03.03.19	08:00 09:45 12:15 14:00	09:30 11:30 14:00 16:00	DEC,OffenesTraining WC-Participants WC-Participants Publikumslauf	10:30 13:00
Mo	04.02.19	09:00 10:45 15:35 16:40 17:45	10:30 12:30 16:25 17:30 19:15	OffenesTraining WC-Participants Team A+B WC-Participants WC-Participants DEC,OffenesTraining	11:30
Di	05.02.19	08:45 10:45 14:30 15:35 16:40 17:45	10:30 12:30 15:20 16:25 17:30 19:45	WC-Participants Team A WC-Participants Team B WC-Participants WC-Participants WC-Participants DEC,OffenesTraining	09:30 11:30

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