Bundesjugendspiele 2018 - Rahmenzeitplan, Mittwoch, Klassen 7-10

Block	Ausdauer	Kraft								Schnelligkeit	Koordination					
Zeit	800m	Ball 1	Ball 2	Ball 3	Kugel 1	Kugel 2	Standweit 1	Standweit 2	Standweit 3	Sprint	Weit 1	Weit 2	Weit 3	Seil 1	Seil 2	Seil 3
08:00		8/4	8/5	8/6	10 + 9 BR	8 BR				7/1 + 7/3	7/4	7/5	7/6	9/4	9/5	9/6
08:10										7/2 + 7/3						
08:20										8 BR						
08:30		9/7	10	9/4	9/5	9/6	8/4	8/5	8/6	9 BR	7/1 + 7/3	7/2 + 7/3	8 BR	7/6		
08:40										7/4						
08:50										7/5						
09:00		7/1 + 7/3	7/2 + 7/3	8 BR	8/6					7/6	9/7	10	9/4	7/4	7/5	9 BR
09:10										8/4						
09:20										8/5						
09:30		7/4	7/5	7/6	8/5	8/4	7/1 + 7/3	7/2 + 7/3	8 BR	8/6	9/6	9/5	9 BR			
09:40										9/4						
09:50										9/5						
10:00	7/1 + 7/3				9/7	9/4	7/4	7/5	7/6	9/6	8/4	8/5	8/6			
10:10	7/2 + 7/3	9/6	9/5	9 BR						10						
10:20	8BR									9/7						
10:30	7/4						9/4							7/1 + 7/3	7/2 + 7/3	10
10:40	7/5															
10:50	7/6															
11:00	10 + 9 BR						9/7	9/5	9/6							
11:10	8/4															
11:20	8/5															
11:30	8/6						10	9 BR						9/7	8 BR	
11:40	9/4															
11:50	9/5															
12:00	9/6													8/4	8/5	8/6
12:10	9/7															
12:20																
12:30																
12:40																