

WOCHENPLAN

Mehdi Doori

Woche:33/2011

K1-7: 259Wh/100kg/26,0t				K1-5: 196Wh/110kg/21,6t				AMKT: 96		Bel.: g						
K1: 36		K2: 20		K3: 60		K4:		K5: 80		K6: 43		K7: 20				
1 18 90 100 3		7 20 75 82 4		13 30 105 115 5				19 30 113 125 5		25 25 48 52 5		28 20 91 102 4				
3 18 113 125 3				14 30 128 140 5				20 50 122 140 5		26 18 74 82 3						
TÜ											Montag 18:00 Uhr			WH	MHG	BW
19	$\frac{95}{5}$	$\frac{105}{5}$	$\frac{115}{5}_2$	$\frac{125}{5}_2$								30	113	125		
25	$\frac{40}{5}$	$\frac{47}{5}_2$	$\frac{52}{5}_2$								25	48	52			
31	$\frac{55}{8}$	$\frac{62}{8}$	$\frac{70}{8}$	$\frac{75}{8}$								32	66	75		
TÜ											Dienstag 18:00 Uhr			WH	MHG	BW
7	$\frac{62}{4}$	$\frac{70}{4}$	$\frac{77}{4}$	$\frac{82}{4}_2$								20	75	82		
14	$\frac{115}{5}_2$	$\frac{127}{5}_2$	$\frac{140}{5}_2$								30	128	140			
26	$\frac{62}{3}$	$\frac{67}{3}$	$\frac{72}{3}$	$\frac{77}{3}$	$\frac{82}{3}_2$							18	74	82		
TÜ											Mittwoch 18:00 Uhr			WH	MHG	BW
1	$\frac{75}{3}$	$\frac{82}{3}$	$\frac{90}{3}$	$\frac{95}{3}$	$\frac{100}{3}_2$							18	90	100		
20	$\frac{105}{5}$	$\frac{110}{5}$	$\frac{115}{5}$	$\frac{120}{5}_2$								25	114	120		
30	$\frac{25}{8}$	$\frac{27}{8}$	$\frac{30}{8}$	$\frac{32}{8}$								32	29	32		
TÜ											Freitag 18:00 Uhr			WH	MHG	BW
3	$\frac{95}{3}$	$\frac{102}{3}$	$\frac{110}{3}$	$\frac{117}{3}$	$\frac{125}{3}_2$							18	113	125		
13	$\frac{95}{5}_2$	$\frac{105}{5}_2$	$\frac{115}{5}_2$								30	105	115			
20	$\frac{110}{5}$	$\frac{125}{5}$	$\frac{132}{5}$	$\frac{140}{5}_2$								25	130	140		
TÜ											Samstag 18:00 Uhr			WH	MHG	BW
28	$\frac{75}{4}$	$\frac{82}{4}$	$\frac{92}{4}$	$\frac{102}{4}_2$								20	91	102		
31	$\frac{55}{8}$	$\frac{62}{8}$	$\frac{70}{8}$	$\frac{75}{8}$								32	66	75		