

Trainingslager Ingolstadt



Anzahl der
Randori

Name	Circuittraining					Kasten-Bumerungstest	Anzahl der Randori
	30/15	40/20	Belaugungspuls	2 min Ruhepuls	Puls-Differenz		
1 Detlef Staffa	XXX	XXX	XXX	XXXX	XXXX	XXXXXXXXXX	
2 Engelbrecht, Martin	276	316	112 Bel-Puls	76 2-Min-Puls	36 Diff-Puls	17 Sekunden	
3 Senfleben, Marco	206	248	148 Bel-Puls	124 2-Min-Puls	24 Diff-Puls	27 Sekunden	20 Randori
4 XXXXXXXXXXXXX	XXX	XXX	XXX	XXX	XXX	XXXXXXXXXX	XXX
5 Zöller, David	211	248	112 Bel-Puls	86 2-Min-Puls	26 Diff-Puls	25 Sekunden	27 Randori
6 Junker, Tom	222	269	128 Bel-Puls	80 2-Min-Puls	48 Diff-Puls	22 Sekunden	26 Randori
7 Markert, Nicola	252	353	160 Bel-Puls	100 2-Min-Puls	80 Diff-Puls	20 Sekunden	?
8 Ostheimer, Andre	241	274	130 Bel-Puls	88 2-Min-Puls	42 Diff-Puls	22 Sekunden	28 Randori
9 Stegmann, Jonas	179	229	108 Bel-Puls	84 2-Min-Puls	24 Diff-Puls	23 Sekunden	22 Randori
10 Brang, Alexander	217	324	125 Bel-Puls	80 2-Min-Puls	45 Diff-Puls	34 Sekunden	26 Randori
11 Kimmel, Andreas	158	211	124 Bel-Puls	108 2-Min-Puls	16 Diff-Puls	27 Sekunden	17 Randori
12 Kimmel, Valentin	209	293	140 Bel-Puls	120 2-Min-Puls	20 Diff-Puls	25 Sekunden	28 Randori
13 Mack, Domenik	249	265	120 Bel-Puls	100 2-Min-Puls	20 Diff-Puls	24 Sekunden	26 Randori
14 Wegener, Paul Moritz	189	244	128 Bel-Puls	82 2-Min-Puls	46 Diff-Puls	23 Sekunden	19 Randori
15 Stimpert, Susanne	185	227	168 Bel-Puls	112 2-Min-Puls	56 Diff-Puls	26 Sekunden	25 Randori
16 Wegener, Lara Isabell	237	316	128 Bel-Puls	88 2-Min-Puls	40 Diff-Puls	21 Sekunden	XXX
17 Hold, Verena	227	275	150 Bel-Puls	98 2-Min-Puls	52 Diff-Puls	26 Sekunden	20 Randori
18 Alig, Anna	226	261	148 Bel-Puls	112 2-Min-Puls	36 Diff-Puls	22 Sekunden	21 Randori
19 Einwiller, Laura	155	207	120 Bel-Puls	72 2-Min-Puls	48 Diff-Puls	29 Sekunden	22 Randori
20 Pinick, Denise	240	315	148 Bel-Puls	92 2-Min-Puls	56 Diff-Puls	22 Sekunden	27 Randori
21 Senfleben, Anna	243	274	120 Bel-Puls	88 2-Min-Puls	32 Diff-Puls	21 Sekunden	26 Randori
22 Becker, Leonie	239	276	120 Bel-Puls	100 2-Min-Puls	20 Diff-Puls	24 Sekunden	27 Randori
23 Wegener, Kim Victoria	233	284	148 Bel-Puls	80 2-Min-Puls	48 Diff-Puls	23 Sekunden	28 Randori
24 Böhm, Laura	226	326	188 Bel-Puls	120 2-Min-Puls	98 Diff-Puls	xxxxxxxxxxxx	XXX
25 Greiner-Fuchs, Anne	226	270	140 Bel-Puls	100 2-Min-Puls	40 Diff-Puls	23 Sekunden	19 Randori
26 Schumm, Nicky	190	205	104 Bel-Puls	80 2-Min-Puls	24 Diff-Puls	24 Sekunden	27 Randori
27 Schrepfer, Lisa	209	305	132 Bel-Puls	100 2-Min-Puls	32 Diff-Puls	21 Sekunden	19 Randori

