



# Trainingsplan 24. Jun 2021

ZEITRAUM

27. Jun 21 - 17. Sep 26

UMFANG

290 Trainings

ANSPANNUNGSZEIT

90-120s (Slow Twitch)

|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R           | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1            | LE |
|---------------------|----|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|----|
| 27. Jun 21<br>10:24 |    | 46 lb<br>189 s | 34 lb<br>183 s | 36 lb<br>182 s | 36 lb<br>186 s | 20 lb<br>140 s | 20 lb<br>147 s | 24 lb<br>185 s | 26 lb<br>184 s | 32 lb<br>188 s | 48 lb<br>186 s | 52 lb<br>194 s | 48 lb<br>188 s | 48 lb<br>122 s | 2 lb<br>133 s |    |
| 30. Jun 21<br>10:27 |    | 46 lb<br>185 s | 34 lb<br>184 s |                | 36 lb<br>203 s | 20 lb<br>126 s | 20 lb<br>163 s | 24 lb<br>183 s | 26 lb<br>185 s | 32 lb<br>156 s | 48 lb<br>183 s | 52 lb<br>183 s | 48 lb<br>187 s | 30 lb<br>155 s | 2 lb<br>131 s |    |
| 04. Jul 21<br>10:32 |    | 46 lb<br>188 s | 34 lb<br>188 s | 36 lb<br>181 s | 36 lb<br>181 s | 20 lb<br>143 s | 20 lb<br>167 s | 24 lb<br>183 s |                | 32 lb<br>157 s | 48 lb<br>190 s | 52 lb<br>184 s | 48 lb<br>187 s | 30 lb<br>154 s | 2 lb<br>122 s |    |
| 07. Jul 21<br>10:34 |    | 48 lb<br>184 s | 36 lb<br>156 s | 38 lb<br>183 s | 38 lb<br>195 s | 20 lb<br>122 s | 20 lb<br>133 s | 26 lb<br>234 s | 28 lb<br>133 s | 34 lb<br>122 s | 50 lb<br>158 s | 54 lb<br>143 s | 50 lb<br>182 s | 30 lb<br>133 s | 2 lb<br>140 s |    |
| 11. Jul 21<br>10:07 |    | 48 lb<br>184 s | 36 lb<br>186 s | 38 lb<br>127 s | 38 lb<br>185 s | 20 lb<br>123 s | 20 lb<br>121 s | 26 lb<br>197 s | 28 lb<br>181 s | 34 lb<br>132 s | 50 lb<br>132 s | 54 lb<br>133 s | 50 lb<br>182 s | 30 lb<br>124 s | 2 lb<br>122 s |    |
| 14. Jul 21<br>10:14 |    |                | 36 lb<br>183 s |                |                |                |                | 26 lb<br>183 s | 28 lb<br>184 s | 34 lb<br>142 s | 50 lb<br>200 s | 54 lb<br>186 s |                |                |               |    |
| 17. Jul 21<br>11:37 |    | 48 lb<br>183 s | 36 lb<br>129 s | 38 lb<br>188 s |                |                |                | 28 lb<br>148 s | 28 lb<br>148 s | 34 lb<br>208 s | 50 lb<br>158 s | 54 lb<br>142 s | 52 lb<br>248 s | 30 lb<br>6 s   | 2 lb<br>135 s |    |
| 21. Jul 21<br>10:13 |    | 48 lb<br>187 s | 36 lb<br>181 s | 38 lb<br>189 s |                | 20 lb<br>146 s |                | 28 lb<br>210 s | 28 lb<br>184 s | 34 lb<br>152 s | 50 lb<br>181 s | 54 lb<br>193 s | 52 lb<br>186 s | 30 lb<br>162 s | 2 lb<br>161 s |    |
| 25. Jul 21<br>10:13 |    | 48 lb<br>216 s | 36 lb<br>220 s | 38 lb<br>220 s | 38 lb<br>3 s   | 20 lb<br>171 s |                | 28 lb<br>224 s | 28 lb<br>205 s | 34 lb<br>153 s | 50 lb<br>223 s | 54 lb<br>207 s | 52 lb<br>231 s | 30 lb<br>142 s | 2 lb<br>152 s |    |
| 28. Jul 21<br>10:34 |    | 50 lb<br>181 s | 38 lb<br>138 s | 34 lb<br>182 s |                | 20 lb<br>180 s |                | 30 lb<br>217 s | 30 lb<br>152 s | 34 lb<br>128 s | 52 lb<br>158 s | 56 lb<br>133 s | 54 lb<br>216 s | 30 lb<br>135 s | 2 lb<br>130 s |    |
| 01. Aug 21<br>10:16 |    | 50 lb<br>190 s | 38 lb<br>189 s | 34 lb<br>226 s | 38 lb<br>1 s   | 20 lb<br>188 s |                | 32 lb<br>223 s | 30 lb<br>196 s | 32 lb<br>186 s | 52 lb<br>221 s | 54 lb<br>223 s | 56 lb<br>276 s | 30 lb<br>136 s | 2 lb<br>156 s |    |
| 04. Aug 21<br>10:11 |    | 50 lb<br>197 s | 38 lb<br>122 s | 36 lb<br>230 s |                | 20 lb<br>234 s |                | 34 lb<br>191 s | 30 lb<br>137 s | 32 lb<br>147 s | 54 lb<br>180 s | 58 lb<br>122 s | 56 lb<br>232 s | 30 lb<br>135 s | 2 lb<br>140 s |    |
| 08. Aug 21<br>10:19 |    | 50 lb<br>227 s | 38 lb<br>184 s | 38 lb<br>202 s |                | 22 lb<br>241 s |                |                | 30 lb<br>124 s | 32 lb<br>148 s | 54 lb<br>136 s | 58 lb<br>130 s | 60 lb<br>306 s | 30 lb<br>153 s | 2 lb<br>146 s |    |
| 11. Aug 21<br>10:20 |    | 50 lb<br>184 s | 38 lb<br>132 s | 40 lb<br>225 s |                |                | 20 lb<br>125 s | 36 lb<br>184 s | 30 lb<br>183 s | 32 lb<br>121 s | 54 lb<br>127 s | 58 lb<br>134 s | 62 lb<br>183 s | 30 lb<br>140 s | 2 lb<br>121 s |    |
| 15. Aug 21<br>10:28 |    | 50 lb<br>183 s | 38 lb<br>190 s | 40 lb<br>189 s |                |                | 30 lb<br>258 s | 36 lb<br>184 s | 30 lb<br>184 s | 32 lb<br>131 s | 54 lb<br>191 s | 58 lb<br>203 s | 62 lb<br>193 s | 30 lb<br>133 s | 2 lb<br>121 s |    |
| 22. Aug 21<br>11:01 |    |                |                |                |                |                |                |                |                | 32 lb<br>122 s | 54 lb<br>183 s | 58 lb<br>131 s | 62 lb<br>182 s | 30 lb<br>133 s | 2 lb<br>145 s |    |
| 25. Aug 21<br>11:21 |    |                | 38 lb<br>121 s | 42 lb<br>181 s |                | 32 lb<br>125 s |                | 36 lb<br>183 s | 30 lb<br>183 s | 32 lb<br>127 s | 54 lb<br>197 s | 58 lb<br>131 s | 62 lb<br>225 s | 30 lb<br>135 s | 2 lb<br>135 s |    |
| 29. Aug 21<br>11:54 |    | 62 lb<br>121 s | 38 lb<br>133 s | 42 lb<br>184 s |                | 32 lb<br>121 s |                | 38 lb<br>189 s | 30 lb<br>185 s |                |                |                |                |                |               |    |



Trainings wurden mit Unterstützung der KraftApp erfasst.  
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|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R           | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1            | LE |
|---------------------|----|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|----|
| 01. Sep 21<br>14:37 |    | 62 lb<br>124 s | 38 lb<br>125 s |                | 42 lb<br>185 s | 32 lb<br>104 s |                | 38 lb<br>184 s | 30 lb<br>184 s | 32 lb<br>181 s | 56 lb<br>185 s | 58 lb<br>179 s | 64 lb<br>185 s | 30 lb<br>139 s | 2 lb<br>151 s |    |
| 05. Sep 21<br>10:06 |    | 62 lb<br>125 s | 38 lb<br>134 s | 42 lb<br>188 s |                | 32 lb<br>100 s |                | 40 lb<br>183 s | 32 lb<br>127 s | 32 lb<br>124 s | 56 lb<br>128 s | 58 lb<br>138 s | 64 lb<br>186 s | 30 lb<br>136 s | 2 lb<br>160 s |    |
| 08. Sep 21<br>10:12 |    | 62 lb<br>137 s | 38 lb<br>134 s | 42 lb<br>150 s |                | 42 lb<br>142 s |                | 40 lb<br>181 s | 32 lb<br>125 s | 32 lb<br>155 s | 56 lb<br>184 s | 58 lb          |                | 30 lb<br>136 s | 2 lb<br>143 s |    |
| 12. Sep 21<br>10:28 |    | 62 lb<br>130 s | 38 lb<br>143 s | 44 lb<br>181 s |                | 30 lb<br>183 s |                | 42 lb<br>70 s  | 32 lb<br>129 s | 32 lb<br>140 s | 56 lb<br>136 s | 60 lb<br>134 s | 66 lb<br>198 s | 30 lb<br>145 s | 2 lb<br>141 s |    |
| 15. Sep 21<br>10:25 |    | 62 lb<br>124 s | 38 lb<br>192 s |                | 46 lb<br>136 s | 32 lb<br>188 s |                | 44 lb<br>201 s | 32 lb<br>154 s | 32 lb<br>187 s | 56 lb<br>185 s | 60 lb<br>133 s | 68 lb<br>184 s | 30 lb<br>183 s | 2 lb<br>147 s |    |
| 19. Sep 21<br>10:23 |    | 62 lb<br>147 s | 38 lb<br>120 s | 46 lb<br>162 s |                | 32 lb<br>184 s |                | 44 lb<br>143 s | 32 lb<br>159 s | 32 lb<br>126 s | 56 lb<br>146 s | 60 lb<br>120 s | 68 lb<br>192 s | 30 lb<br>185 s | 2 lb<br>150 s |    |
| 22. Sep 21<br>10:10 |    |                | 38 lb<br>136 s | 46 lb<br>223 s |                | 32 lb<br>188 s |                | 46 lb<br>186 s | 32 lb<br>196 s | 32 lb<br>196 s | 56 lb<br>195 s | 60 lb<br>175 s | 68 lb<br>189 s | 30 lb<br>184 s |               |    |
| 26. Sep 21<br>10:24 |    | 62 lb<br>127 s | 40 lb<br>168 s | 48 lb<br>184 s |                | 32 lb<br>229 s |                | 46 lb<br>231 s | 32 lb<br>236 s | 32 lb<br>227 s | 56 lb<br>251 s | 60 lb<br>222 s | 68 lb<br>281 s | 30 lb<br>195 s | 2 lb<br>184 s |    |
| 03. Oct 21<br>10:23 |    | 62 lb<br>109 s | 40 lb<br>142 s | 48 lb<br>182 s |                | 34 lb<br>155 s |                | 48 lb<br>182 s | 34 lb<br>125 s | 34 lb<br>136 s | 56 lb<br>186 s | 64 lb<br>149 s | 70 lb<br>315 s | 30 lb<br>189 s | 2 lb<br>184 s |    |
| 06. Oct 21<br>10:35 |    | 62 lb<br>123 s | 40 lb<br>125 s | 48 lb<br>318 s |                | 34 lb<br>130 s |                | 48 lb<br>131 s | 34 lb<br>127 s | 34 lb<br>125 s | 58 lb<br>125 s | 64 lb<br>121 s | 72 lb<br>125 s | 30 lb<br>184 s | 2 lb<br>135 s |    |
| 10. Oct 21<br>10:24 |    | 62 lb<br>122 s | 40 lb<br>121 s | 50 lb<br>132 s |                | 34 lb<br>132 s |                | 48 lb<br>181 s | 34 lb<br>107 s | 34 lb<br>121 s | 58 lb<br>185 s | 64 lb<br>128 s | 72 lb<br>182 s | 30 lb<br>181 s |               |    |
| 13. Oct 21<br>10:29 |    | 62 lb<br>153 s | 40 lb<br>130 s | 50 lb<br>140 s |                | 34 lb<br>184 s |                | 48 lb<br>182 s | 34 lb<br>125 s | 34 lb<br>122 s | 58 lb<br>182 s | 64 lb<br>137 s | 72 lb<br>184 s | 32 lb<br>186 s | 2 lb<br>140 s |    |
| 17. Oct 21<br>10:14 |    | 62 lb<br>148 s | 40 lb<br>153 s | 50 lb<br>124 s |                | 34 lb<br>142 s |                | 48 lb<br>229 s | 34 lb<br>122 s | 34 lb<br>184 s | 58 lb<br>154 s | 64 lb<br>127 s | 72 lb<br>306 s | 34 lb<br>186 s |               |    |
| 20. Oct 21<br>10:15 |    |                | 40 lb<br>130 s |                | 50 lb<br>131 s | 34 lb<br>155 s |                | 50 lb<br>188 s | 34 lb<br>161 s | 34 lb<br>156 s | 58 lb<br>184 s | 64 lb<br>121 s | 74 lb<br>306 s | 34 lb<br>182 s | 2 lb<br>134 s |    |
| 24. Oct 21<br>10:24 |    | 62 lb<br>158 s | 40 lb<br>190 s | 50 lb<br>184 s |                | 34 lb<br>186 s |                | 50 lb<br>309 s | 34 lb<br>127 s | 34 lb<br>138 s | 58 lb<br>308 s | 64 lb<br>196 s | 76 lb<br>302 s | 34 lb<br>198 s | 2 lb<br>183 s |    |
| 27. Oct 21<br>10:14 |    | 62 lb<br>163 s | 40 lb<br>125 s |                | 50 lb<br>120 s |                | 34 lb<br>162 s | 52 lb<br>184 s | 34 lb<br>123 s | 34 lb<br>198 s | 60 lb<br>124 s | 64 lb<br>120 s | 78 lb<br>187 s | 34 lb<br>182 s | 2 lb<br>180 s |    |
| 31. Oct 21<br>10:27 |    | 62 lb<br>135 s | 40 lb<br>185 s | 50 lb<br>186 s |                |                | 34 lb<br>203 s | 52 lb<br>184 s | 34 lb<br>183 s | 34 lb<br>189 s | 60 lb<br>181 s | 64 lb<br>129 s | 78 lb<br>303 s | 34 lb<br>181 s | 2 lb<br>182 s |    |
| 03. Nov 21<br>10:16 |    | 62 lb<br>155 s | 40 lb<br>142 s | 50 lb<br>152 s |                | 34 lb<br>148 s |                | 52 lb<br>182 s | 34 lb<br>122 s | 34 lb<br>147 s | 60 lb<br>163 s | 64 lb<br>122 s | 80 lb<br>185 s |                | 2 lb<br>184 s |    |
| 07. Nov 21<br>10:22 |    | 62 lb<br>161 s | 40 lb<br>166 s | 50 lb<br>190 s |                | 34 lb<br>182 s |                | 52 lb<br>184 s | 34 lb<br>135 s | 34 lb<br>121 s | 60 lb<br>183 s | 64 lb<br>137 s | 80 lb<br>141 s | 34 lb<br>181 s | 2 lb<br>128 s |    |
| 14. Nov 21<br>10:19 |    | 62 lb<br>152 s | 40 lb<br>151 s | 50 lb<br>155 s |                | 34 lb<br>131 s |                | 52 lb<br>208 s | 34 lb<br>142 s | 34 lb<br>152 s | 60 lb<br>186 s | 60 lb<br>148 s | 80 lb<br>121 s | 34 lb<br>184 s |               |    |
| 17. Nov 21<br>09:57 |    |                | 40 lb<br>124 s | 50 lb<br>144 s |                | 34 lb<br>124 s |                | 54 lb<br>146 s | 34 lb<br>183 s | 34 lb<br>127 s | 60 lb<br>140 s | 60 lb<br>128 s | 80 lb<br>152 s | 34 lb<br>184 s | 2 lb<br>122 s |    |
| 21. Nov 21<br>10:21 |    | 62 lb<br>154 s | 40 lb<br>146 s | 50 lb<br>123 s |                | 34 lb<br>134 s |                | 54 lb<br>180 s | 34 lb<br>121 s | 34 lb<br>185 s | 60 lb<br>130 s | 60 lb<br>122 s | 80 lb<br>182 s | 36 lb<br>133 s | 2 lb<br>125 s |    |



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|---------------------|----|----------------|----------------|----------------|----------------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|----|
| 24. Nov 21<br>10:21 |    | 62 lb<br>132 s | 40 lb<br>127 s | 50 lb<br>122 s |                | 34 lb<br>122 s |      | 54 lb<br>126 s | 34 lb<br>181 s | 34 lb<br>121 s | 60 lb<br>143 s | 60 lb<br>129 s | 80 lb<br>189 s | 38 lb<br>131 s | 2 lb<br>127 s |    |
| 28. Nov 21<br>11:23 |    | 62 lb<br>157 s | 40 lb<br>150 s | 50 lb<br>155 s |                | 34 lb<br>181 s |      | 54 lb<br>162 s | 34 lb<br>160 s |                | 60 lb<br>161 s | 60 lb<br>162 s | 80 lb<br>166 s | 38 lb<br>164 s | 2 lb<br>127 s |    |
| 05. Dec 21<br>10:23 |    | 62 lb<br>153 s | 40 lb<br>167 s | 50 lb<br>136 s |                | 34 lb<br>159 s |      | 56 lb<br>161 s | 34 lb<br>153 s | 34 lb<br>150 s | 60 lb<br>154 s | 60 lb<br>90 s  | 80 lb<br>158 s | 38 lb<br>158 s | 2 lb<br>129 s |    |
| 08. Dec 21<br>10:38 |    | 62 lb<br>153 s | 40 lb<br>123 s | 50 lb<br>152 s |                | 34 lb<br>163 s |      | 56 lb<br>151 s | 34 lb<br>153 s | 34 lb<br>125 s | 60 lb<br>154 s | 50 lb<br>168 s | 80 lb<br>160 s |                |               |    |
| 12. Dec 21<br>10:20 |    | 62 lb<br>157 s | 40 lb<br>162 s | 50 lb<br>152 s |                | 34 lb<br>153 s |      | 56 lb<br>157 s | 34 lb<br>153 s | 34 lb<br>127 s | 60 lb<br>154 s | 50 lb<br>156 s | 80 lb<br>156 s | 38 lb<br>153 s | 2 lb<br>159 s |    |
| 15. Dec 21<br>10:01 |    |                | 40 lb<br>128 s |                | 50 lb<br>125 s | 34 lb<br>155 s |      | 56 lb<br>152 s | 34 lb<br>154 s | 34 lb<br>156 s | 60 lb<br>151 s | 50 lb<br>165 s | 80 lb<br>157 s | 38 lb<br>153 s | 2 lb<br>131 s |    |
| 19. Dec 21<br>10:21 |    | 62 lb<br>151 s | 40 lb<br>122 s | 52 lb<br>121 s |                | 36 lb<br>122 s |      | 58 lb<br>154 s | 36 lb<br>154 s | 34 lb<br>128 s | 62 lb<br>158 s | 50 lb<br>157 s | 82 lb<br>123 s | 40 lb<br>153 s | 2 lb<br>125 s |    |
| 22. Dec 21<br>10:58 |    | 62 lb<br>156 s | 40 lb<br>123 s | 52 lb<br>113 s |                | 36 lb<br>123 s |      | 58 lb<br>182 s | 36 lb<br>132 s | 34 lb<br>121 s | 62 lb<br>123 s | 50 lb<br>169 s | 82 lb<br>128 s | 40 lb<br>166 s | 2 lb<br>121 s |    |
| 16. Jan 22<br>10:36 |    | 62 lb<br>145 s | 40 lb<br>131 s | 52 lb<br>125 s |                | 34 lb<br>146 s |      | 58 lb<br>128 s | 36 lb<br>125 s | 34 lb<br>117 s | 62 lb<br>120 s | 50 lb<br>134 s | 82 lb<br>128 s | 40 lb<br>126 s | 2 lb<br>105 s |    |
| 19. Jan 22<br>10:07 |    |                | 40 lb<br>121 s | 52 lb<br>97 s  |                | 34 lb<br>94 s  |      | 58 lb<br>124 s | 36 lb<br>136 s | 34 lb<br>91 s  | 62 lb<br>124 s | 50 lb<br>122 s | 82 lb<br>123 s | 40 lb<br>156 s | 2 lb<br>122 s |    |
| 23. Jan 22<br>10:16 |    | 62 lb<br>129 s | 40 lb<br>134 s | 52 lb<br>129 s |                | 34 lb<br>125 s |      | 58 lb<br>89 s  | 36 lb<br>91 s  | 34 lb<br>117 s | 62 lb<br>121 s | 50 lb<br>127 s | 82 lb<br>123 s | 40 lb<br>126 s | 2 lb<br>122 s |    |
| 31. Jan 22<br>15:39 |    | 62 lb<br>130 s | 40 lb<br>126 s | 52 lb<br>138 s |                | 34 lb<br>126 s |      | 58 lb<br>120 s | 36 lb<br>68 s  | 34 lb<br>134 s | 62 lb<br>128 s | 50 lb<br>171 s | 82 lb<br>156 s | 40 lb<br>121 s | 2 lb<br>124 s |    |
| 03. Feb 22<br>15:28 |    | 62 lb<br>141 s | 40 lb<br>127 s |                | 52 lb<br>152 s | 34 lb<br>128 s |      | 58 lb<br>122 s | 36 lb<br>152 s | 34 lb<br>124 s | 62 lb<br>126 s | 50 lb<br>154 s | 82 lb<br>138 s |                | 2 lb<br>125 s |    |
| 07. Feb 22<br>16:04 |    | 62 lb<br>152 s | 40 lb<br>134 s | 52 lb<br>154 s |                | 34 lb<br>156 s |      | 58 lb<br>136 s | 36 lb<br>121 s | 34 lb<br>108 s | 62 lb<br>167 s | 50 lb<br>152 s | 82 lb<br>161 s | 40 lb<br>124 s | 2 lb<br>123 s |    |
| 11. Feb 22<br>15:44 |    | 62 lb<br>153 s | 40 lb<br>135 s | 52 lb<br>156 s |                | 34 lb<br>126 s |      | 58 lb<br>121 s | 36 lb<br>128 s | 34 lb<br>125 s | 62 lb<br>122 s | 50 lb<br>126 s | 82 lb<br>152 s | 40 lb<br>120 s | 2 lb<br>121 s |    |
| 16. Feb 22<br>15:52 |    |                | 40 lb<br>142 s | 52 lb<br>122 s |                | 34 lb<br>126 s |      | 58 lb<br>129 s | 36 lb<br>130 s | 34 lb<br>145 s | 62 lb<br>122 s | 50 lb<br>158 s | 82 lb<br>180 s | 40 lb<br>159 s | 2 lb<br>128 s |    |
| 19. Feb 22<br>15:35 |    | 62 lb<br>153 s | 40 lb<br>121 s | 52 lb<br>125 s |                | 36 lb<br>88 s  |      | 58 lb<br>187 s | 36 lb<br>123 s | 34 lb<br>127 s | 62 lb<br>154 s | 50 lb<br>153 s | 82 lb<br>159 s | 40 lb<br>125 s | 2 lb<br>140 s |    |
| 24. Feb 22<br>15:28 |    | 62 lb<br>153 s | 40 lb<br>160 s | 52 lb<br>159 s |                | 36 lb<br>161 s |      | 58 lb<br>123 s | 36 lb<br>127 s | 34 lb<br>198 s | 62 lb<br>155 s | 50 lb<br>159 s | 82 lb<br>156 s | 40 lb<br>156 s | 2 lb<br>130 s |    |
| 01. Mar 22<br>15:38 |    | 62 lb<br>151 s | 40 lb<br>123 s | 52 lb<br>153 s |                | 36 lb<br>153 s |      | 58 lb<br>153 s | 36 lb<br>157 s | 34 lb<br>156 s | 62 lb<br>161 s | 50 lb<br>156 s | 82 lb<br>160 s | 40 lb<br>152 s | 2 lb<br>121 s |    |
| 04. Mar 22<br>15:39 |    | 62 lb<br>130 s | 40 lb<br>153 s | 52 lb<br>124 s |                | 36 lb<br>123 s |      | 58 lb<br>127 s | 36 lb<br>124 s | 34 lb<br>130 s | 62 lb<br>127 s | 50 lb<br>122 s | 84 lb<br>126 s | 40 lb<br>123 s |               |    |
| 07. Mar 22<br>15:37 |    | 62 lb<br>153 s | 40 lb<br>160 s | 52 lb<br>123 s |                | 36 lb<br>159 s |      | 58 lb<br>129 s | 36 lb<br>125 s | 34 lb<br>124 s | 62 lb<br>126 s | 50 lb<br>162 s | 84 lb<br>154 s | 40 lb<br>127 s | 2 lb<br>138 s |    |
| 11. Mar 22<br>15:42 |    | 62 lb<br>167 s | 40 lb<br>155 s | 52 lb<br>131 s |                | 36 lb<br>126 s |      | 58 lb<br>123 s | 36 lb<br>124 s | 34 lb<br>123 s | 62 lb<br>123 s | 50 lb<br>157 s | 84 lb<br>169 s | 40 lb<br>127 s | 2 lb<br>130 s |    |



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|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R           | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1            | LE |
|---------------------|----|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|----|
| 16. Mar 22<br>15:46 |    |                | 40 lb<br>155 s | 52 lb<br>159 s |                | 36 lb<br>157 s |                | 58 lb<br>198 s | 36 lb<br>123 s | 34 lb<br>156 s | 62 lb<br>152 s | 50 lb<br>157 s | 86 lb<br>154 s | 40 lb<br>122 s | 2 lb<br>134 s |    |
| 23. Mar 22<br>15:39 |    | 62 lb<br>160 s | 40 lb<br>154 s | 52 lb<br>153 s |                |                | 36 lb<br>150 s | 60 lb<br>161 s | 36 lb<br>157 s | 34 lb<br>130 s | 62 lb<br>180 s | 50 lb<br>160 s | 86 lb<br>125 s | 40 lb<br>157 s | 2 lb<br>121 s |    |
| 31. Mar 22<br>15:21 |    | 64 lb<br>158 s | 40 lb<br>154 s | 52 lb<br>151 s |                | 36 lb<br>150 s |                | 60 lb<br>151 s | 36 lb<br>151 s | 34 lb<br>131 s | 62 lb<br>152 s | 50 lb<br>154 s | 86 lb<br>167 s | 40 lb<br>160 s | 2 lb<br>153 s |    |
| 05. Apr 22<br>15:47 |    | 66 lb<br>125 s | 40 lb<br>158 s | 52 lb<br>123 s |                | 36 lb<br>123 s |                | 60 lb<br>121 s | 36 lb<br>122 s | 34 lb<br>121 s | 62 lb<br>135 s | 50 lb<br>127 s | 86 lb<br>124 s | 40 lb<br>123 s | 2 lb<br>125 s |    |
| 11. Apr 22<br>15:39 |    | 66 lb<br>127 s | 40 lb<br>126 s | 52 lb<br>120 s |                | 36 lb<br>129 s |                | 60 lb<br>123 s | 36 lb<br>120 s | 34 lb<br>121 s | 62 lb<br>123 s | 50 lb<br>132 s | 86 lb<br>127 s | 40 lb<br>127 s | 2 lb<br>126 s |    |
| 14. Apr 22<br>15:55 |    |                |                | 52 lb<br>126 s |                |                |                |                |                |                |                | 50 lb<br>142 s | 86 lb<br>132 s | 40 lb<br>125 s | 2 lb<br>124 s |    |
| 19. Apr 22<br>15:31 |    | 66 lb<br>123 s | 40 lb<br>150 s | 52 lb<br>121 s |                | 36 lb<br>123 s |                | 60 lb<br>122 s | 36 lb<br>122 s | 34 lb<br>126 s | 62 lb<br>123 s | 50 lb<br>125 s | 86 lb<br>132 s | 40 lb<br>127 s | 2 lb<br>129 s |    |
| 22. Apr 22<br>15:29 |    | 66 lb<br>122 s | 42 lb<br>125 s | 52 lb<br>150 s |                | 36 lb<br>156 s |                | 60 lb<br>151 s | 36 lb<br>130 s | 34 lb<br>122 s | 64 lb<br>126 s | 50 lb<br>162 s | 86 lb<br>152 s | 40 lb<br>128 s | 2 lb<br>123 s |    |
| 03. May 22<br>15:42 |    | 66 lb<br>126 s | 42 lb<br>122 s |                | 52 lb<br>122 s | 36 lb<br>156 s |                | 60 lb<br>131 s | 36 lb<br>122 s | 34 lb<br>157 s | 64 lb<br>156 s | 50 lb<br>152 s | 86 lb<br>152 s | 40 lb<br>124 s | 2 lb<br>126 s |    |
| 05. May 22<br>15:37 |    | 66 lb<br>152 s | 42 lb<br>156 s | 52 lb<br>154 s |                | 36 lb<br>152 s |                | 60 lb<br>125 s | 36 lb<br>122 s | 34 lb<br>153 s | 64 lb<br>124 s | 50 lb<br>164 s | 86 lb<br>156 s |                | 2 lb<br>125 s |    |
| 11. May 22<br>15:48 |    |                | 42 lb<br>120 s | 52 lb<br>154 s |                | 36 lb<br>124 s |                | 60 lb<br>134 s | 36 lb<br>121 s | 34 lb<br>167 s | 64 lb<br>122 s | 50 lb<br>162 s |                |                |               |    |
| 17. May 22<br>16:30 |    | 66 lb<br>152 s | 42 lb<br>156 s | 54 lb<br>152 s |                | 36 lb<br>158 s |                | 60 lb<br>126 s | 36 lb<br>129 s | 34 lb<br>120 s | 64 lb<br>120 s | 50 lb<br>154 s | 88 lb<br>154 s | 40 lb<br>123 s | 2 lb<br>122 s |    |
| 20. May 22<br>15:34 |    | 66 lb<br>153 s | 42 lb<br>160 s | 54 lb<br>154 s |                | 36 lb<br>172 s |                | 60 lb<br>153 s | 36 lb<br>124 s | 34 lb<br>152 s | 64 lb<br>122 s | 52 lb<br>157 s | 88 lb<br>153 s | 40 lb<br>122 s | 2 lb<br>128 s |    |
| 27. May 22<br>15:40 |    | 66 lb<br>142 s | 42 lb<br>157 s | 54 lb<br>157 s |                | 36 lb<br>163 s |                | 60 lb<br>122 s | 36 lb<br>143 s | 34 lb<br>120 s | 64 lb<br>102 s | 52 lb<br>126 s | 88 lb<br>152 s | 40 lb<br>125 s | 2 lb<br>142 s |    |
| 31. May 22<br>15:57 |    | 66 lb<br>157 s | 42 lb<br>153 s | 56 lb<br>126 s |                | 36 lb<br>156 s |                | 60 lb<br>151 s | 38 lb<br>131 s | 34 lb<br>104 s | 64 lb<br>126 s | 52 lb<br>155 s | 88 lb<br>182 s | 40 lb<br>125 s | 2 lb<br>119 s |    |
| 03. Jun 22<br>15:53 |    | 68 lb<br>153 s | 44 lb<br>122 s | 56 lb<br>153 s |                | 36 lb<br>158 s |                | 60 lb<br>152 s | 38 lb<br>122 s | 34 lb<br>128 s | 64 lb<br>141 s | 52 lb<br>157 s | 90 lb<br>125 s | 40 lb<br>122 s | 2 lb<br>139 s |    |
| 08. Jun 22<br>15:18 |    |                | 44 lb<br>121 s | 56 lb<br>142 s |                | 36 lb<br>135 s |                | 60 lb<br>151 s | 38 lb<br>125 s | 34 lb<br>121 s | 64 lb<br>123 s |                | 90 lb<br>123 s | 40 lb<br>133 s | 2 lb<br>137 s |    |
| 13. Jun 22<br>15:34 |    | 68 lb<br>135 s | 44 lb<br>103 s | 56 lb<br>154 s |                | 36 lb<br>155 s |                | 60 lb<br>156 s | 38 lb<br>124 s | 34 lb<br>120 s | 64 lb<br>124 s | 52 lb<br>156 s | 90 lb<br>127 s | 40 lb<br>120 s | 2 lb<br>121 s |    |
| 16. Jun 22<br>10:51 |    | 68 lb<br>127 s | 44 lb<br>109 s | 56 lb<br>151 s |                | 36 lb<br>156 s |                | 60 lb<br>122 s | 38 lb<br>133 s | 34 lb<br>122 s | 64 lb<br>121 s | 52 lb<br>165 s | 90 lb<br>153 s | 40 lb<br>125 s | 2 lb<br>125 s |    |
| 21. Jun 22<br>16:14 |    | 68 lb<br>156 s | 44 lb<br>122 s | 56 lb<br>152 s |                | 36 lb<br>158 s |                | 60 lb<br>120 s | 38 lb<br>122 s | 34 lb<br>121 s | 64 lb<br>128 s | 52 lb<br>159 s | 90 lb<br>167 s | 42 lb<br>153 s | 2 lb<br>137 s |    |
| 05. Jul 22<br>10:51 |    | 68 lb<br>124 s | 44 lb<br>95 s  | 56 lb<br>153 s |                | 36 lb<br>153 s |                | 60 lb<br>81 s  | 38 lb<br>92 s  | 34 lb<br>115 s | 64 lb<br>117 s | 52 lb<br>137 s | 90 lb<br>126 s | 42 lb<br>128 s | 2 lb<br>95 s  |    |
| 07. Jul 22<br>15:12 |    |                | 44 lb<br>132 s | 58 lb<br>128 s |                | 38 lb<br>121 s |                | 60 lb<br>151 s | 38 lb<br>121 s | 34 lb<br>155 s | 64 lb<br>127 s | 52 lb<br>155 s | 90 lb<br>163 s | 42 lb<br>124 s | 2 lb<br>123 s |    |



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|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1            | LE |
|---------------------|----|----------------|----------------|----------------|----------------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---------------|----|
| 13. Jul 22<br>11:04 |    | 68 lb<br>155 s | 44 lb<br>125 s | 58 lb<br>156 s |                | 38 lb<br>152 s |      | 60 lb<br>159 s | 38 lb<br>133 s | 34 lb<br>131 s | 64 lb<br>152 s | 52 lb<br>173 s | 90 lb<br>157 s | 42 lb<br>130 s | 2 lb<br>125 s |    |
| 15. Jul 22<br>11:01 |    | 68 lb<br>122 s | 44 lb<br>123 s | 58 lb<br>103 s |                | 38 lb<br>122 s |      | 60 lb<br>121 s | 38 lb<br>139 s | 34 lb<br>121 s | 64 lb<br>120 s | 52 lb<br>131 s | 90 lb<br>126 s | 42 lb<br>124 s | 2 lb<br>120 s |    |
| 19. Jul 22<br>10:48 |    | 68 lb<br>121 s | 44 lb<br>107 s | 58 lb<br>125 s |                | 38 lb<br>122 s |      | 60 lb<br>121 s | 38 lb<br>124 s | 34 lb<br>121 s | 64 lb<br>155 s | 52 lb<br>154 s | 90 lb<br>152 s | 42 lb<br>126 s | 2 lb<br>122 s |    |
| 23. Jul 22<br>10:09 |    | 68 lb<br>121 s | 44 lb<br>121 s | 58 lb<br>150 s |                | 38 lb<br>131 s |      | 60 lb<br>122 s | 38 lb<br>121 s | 34 lb<br>125 s | 64 lb<br>129 s | 52 lb<br>157 s | 90 lb<br>153 s | 42 lb<br>153 s | 2 lb<br>125 s |    |
| 28. Jul 22<br>10:46 |    | 68 lb<br>129 s | 44 lb<br>96 s  | 58 lb<br>122 s |                | 38 lb<br>125 s |      | 60 lb<br>122 s | 38 lb<br>124 s | 34 lb<br>121 s | 64 lb<br>122 s | 52 lb<br>152 s | 90 lb<br>152 s |                | 2 lb<br>126 s |    |
| 09. Aug 22<br>09:26 |    |                | 44 lb<br>122 s | 58 lb<br>123 s |                | 38 lb<br>125 s |      | 50 lb<br>131 s | 30 lb<br>127 s | 34 lb<br>124 s | 64 lb<br>155 s | 52 lb<br>159 s | 94 lb<br>157 s | 42 lb<br>124 s | 2 lb<br>125 s |    |
| 12. Aug 22<br>10:22 |    | 68 lb<br>109 s | 44 lb<br>125 s | 58 lb<br>154 s |                | 38 lb<br>155 s |      |                | 30 lb<br>123 s | 34 lb<br>122 s | 64 lb<br>133 s | 52 lb<br>161 s | 94 lb<br>163 s | 42 lb<br>132 s | 2 lb<br>107 s |    |
| 16. Aug 22<br>09:46 |    | 68 lb<br>122 s | 44 lb<br>92 s  | 58 lb<br>153 s |                | 38 lb<br>154 s |      | 50 lb<br>126 s | 30 lb<br>124 s | 34 lb<br>123 s | 64 lb<br>151 s | 52 lb<br>167 s | 96 lb<br>152 s | 42 lb<br>127 s | 2 lb<br>122 s |    |
| 19. Aug 22<br>10:54 |    | 68 lb<br>128 s | 44 lb<br>122 s | 58 lb<br>151 s |                | 40 lb<br>122 s |      | 50 lb<br>123 s | 30 lb<br>122 s | 34 lb<br>127 s | 64 lb<br>126 s | 54 lb<br>133 s | 96 lb<br>157 s | 42 lb<br>123 s | 2 lb<br>121 s |    |
| 23. Aug 22<br>10:54 |    | 68 lb<br>126 s | 44 lb<br>125 s | 60 lb<br>127 s |                | 40 lb<br>124 s |      | 50 lb<br>128 s | 30 lb<br>127 s | 34 lb<br>123 s | 64 lb<br>123 s | 54 lb<br>134 s | 96 lb<br>123 s | 42 lb<br>130 s | 2 lb<br>122 s |    |
| 26. Aug 22<br>10:13 |    | 68 lb<br>124 s | 44 lb<br>128 s | 60 lb<br>132 s |                | 40 lb<br>131 s |      | 50 lb<br>126 s | 30 lb<br>126 s | 34 lb<br>123 s | 64 lb<br>137 s | 54 lb<br>123 s | 96 lb<br>153 s | 44 lb<br>123 s | 2 lb<br>124 s |    |
| 30. Aug 22<br>10:20 |    | 68 lb<br>93 s  | 44 lb<br>106 s | 60 lb<br>106 s |                | 40 lb<br>122 s |      | 50 lb<br>122 s | 30 lb<br>124 s | 34 lb<br>122 s | 64 lb<br>123 s | 54 lb<br>157 s | 96 lb<br>151 s | 44 lb<br>153 s | 2 lb<br>129 s |    |
| 01. Sep 22<br>10:57 |    | 68 lb<br>124 s | 44 lb<br>84 s  | 60 lb<br>124 s |                | 40 lb<br>125 s |      | 50 lb<br>152 s | 30 lb<br>143 s | 34 lb<br>131 s | 64 lb<br>169 s | 54 lb<br>153 s | 96 lb<br>167 s | 44 lb<br>158 s | 2 lb<br>122 s |    |
| 06. Sep 22<br>10:22 |    | 68 lb<br>128 s | 44 lb<br>122 s | 60 lb<br>123 s |                | 40 lb<br>123 s |      | 50 lb<br>127 s | 30 lb<br>124 s | 34 lb<br>131 s | 64 lb<br>125 s | 54 lb<br>124 s | 96 lb<br>125 s |                |               |    |
| 13. Sep 22<br>10:12 |    |                | 44 lb<br>110 s | 60 lb<br>120 s |                | 40 lb<br>127 s |      | 50 lb<br>130 s | 30 lb<br>165 s | 32 lb<br>153 s | 64 lb<br>152 s | 54 lb<br>152 s | 96 lb<br>161 s | 44 lb<br>124 s | 2 lb<br>122 s |    |
| 21. Sep 22<br>10:56 |    | 68 lb<br>124 s | 42 lb<br>123 s | 60 lb<br>121 s |                | 40 lb<br>121 s |      | 50 lb<br>122 s | 30 lb<br>126 s | 32 lb<br>125 s | 64 lb<br>96 s  | 54 lb<br>131 s | 96 lb<br>132 s | 44 lb<br>130 s |               |    |
| 27. Sep 22<br>10:40 |    |                |                |                |                |                |      |                |                |                |                | 54 lb<br>120 s | 96 lb<br>125 s | 44 lb<br>123 s | 2 lb<br>125 s |    |
| 29. Sep 22<br>10:46 |    | 68 lb<br>136 s | 42 lb<br>105 s | 60 lb<br>124 s |                | 40 lb<br>123 s |      | 50 lb<br>120 s | 30 lb<br>125 s | 32 lb<br>124 s | 64 lb<br>121 s | 54 lb<br>122 s | 96 lb<br>132 s | 44 lb<br>123 s | 2 lb<br>135 s |    |
| 06. Oct 22<br>10:51 |    | 68 lb<br>137 s | 42 lb<br>125 s | 60 lb<br>124 s |                | 40 lb<br>123 s |      | 50 lb<br>123 s | 30 lb<br>149 s | 32 lb<br>124 s | 64 lb<br>123 s | 54 lb<br>139 s | 96 lb<br>154 s | 44 lb<br>127 s | 2 lb<br>128 s |    |
| 11. Oct 22<br>10:41 |    |                | 42 lb<br>127 s | 60 lb<br>138 s | 52 lb<br>131 s |                |      | 50 lb<br>125 s | 30 lb<br>154 s | 32 lb<br>122 s | 64 lb<br>127 s | 54 lb<br>125 s | 96 lb<br>160 s | 44 lb<br>124 s | 2 lb<br>162 s |    |
| 13. Oct 22<br>10:41 |    | 68 lb<br>110 s | 42 lb<br>132 s | 60 lb<br>123 s |                | 40 lb<br>123 s |      | 50 lb<br>164 s | 30 lb<br>121 s | 32 lb<br>121 s | 64 lb<br>121 s | 54 lb<br>127 s | 96 lb<br>124 s | 44 lb<br>125 s | 2 lb<br>132 s |    |
| 18. Oct 22<br>10:13 |    | 68 lb<br>126 s | 42 lb<br>124 s | 60 lb<br>123 s |                | 40 lb<br>126 s |      | 50 lb<br>120 s | 30 lb<br>124 s | 32 lb<br>129 s | 64 lb<br>126 s | 54 lb<br>131 s |                | 44 lb<br>123 s | 2 lb<br>125 s |    |



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|                     | A5                   | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7              | H7             | J1            | LE |
|---------------------|----------------------|----------------|----------------|----------------|------|----------------|------|----------------|----------------|----------------|----------------|----------------|-----------------|----------------|---------------|----|
| 21. Oct 22<br>10:58 |                      | 68 lb<br>134 s | 42 lb<br>124 s | 60 lb<br>130 s |      | 40 lb<br>130 s |      |                | 30 lb<br>122 s | 32 lb<br>125 s | 64 lb<br>123 s | 54 lb<br>151 s | 96 lb<br>120 s  | 46 lb<br>130 s | 2 lb<br>133 s |    |
| 25. Oct 22<br>10:48 |                      | 68 lb<br>95 s  | 42 lb<br>131 s | 60 lb<br>157 s |      | 40 lb<br>153 s |      | 50 lb<br>121 s | 30 lb<br>137 s | 32 lb<br>123 s | 64 lb<br>131 s | 54 lb<br>169 s | 96 lb<br>165 s  |                |               |    |
| 27. Oct 22<br>10:52 |                      | 68 lb<br>125 s | 42 lb<br>155 s | 60 lb<br>95 s  |      | 40 lb<br>122 s |      | 50 lb<br>132 s | 30 lb<br>124 s | 34 lb<br>130 s | 64 lb<br>128 s | 54 lb<br>142 s | 96 lb<br>163 s  | 46 lb<br>126 s | 2 lb<br>130 s |    |
| 31. Oct 22<br>11:26 |                      | 68 lb<br>135 s | 42 lb<br>156 s | 60 lb<br>122 s |      | 40 lb<br>142 s |      | 50 lb<br>152 s | 30 lb<br>123 s | 34 lb<br>134 s | 64 lb<br>126 s | 54 lb<br>163 s | 98 lb<br>160 s  | 46 lb<br>156 s |               |    |
| 10. Nov 22<br>11:38 |                      | 68 lb<br>151 s | 42 lb<br>152 s | 60 lb<br>136 s |      | 40 lb<br>131 s |      |                |                |                | 64 lb<br>125 s | 56 lb<br>163 s | 100 lb<br>157 s |                |               |    |
| 15. Nov 22<br>10:29 |                      |                | 42 lb<br>125 s | 60 lb<br>125 s |      | 40 lb<br>141 s |      | 50 lb<br>172 s | 30 lb<br>122 s | 34 lb<br>122 s | 64 lb<br>125 s | 56 lb<br>132 s | 100 lb<br>129 s |                | 2 lb<br>122 s |    |
| 23. Nov 22<br>11:16 |                      | 68 lb<br>127 s | 42 lb<br>153 s | 60 lb<br>122 s |      | 40 lb<br>129 s |      | 50 lb<br>140 s | 30 lb<br>123 s | 34 lb<br>125 s | 64 lb<br>125 s | 56 lb<br>129 s | 100 lb<br>128 s | 46 lb<br>125 s | 2 lb<br>125 s |    |
| 15. Dec 22<br>14:16 |                      |                | 42 lb<br>121 s | 60 lb<br>122 s |      | 40 lb<br>124 s |      | 50 lb<br>122 s | 30 lb<br>132 s | 34 lb<br>124 s | 64 lb<br>123 s | 56 lb<br>133 s | 100 lb<br>123 s | 46 lb<br>126 s | 2 lb<br>128 s |    |
| 22. Dec 22<br>11:42 |                      | 68 lb<br>124 s | 42 lb<br>122 s | 60 lb<br>109 s |      | 40 lb<br>115 s |      | 50 lb<br>120 s |                |                |                |                | 100 lb<br>93 s  |                |               |    |
| 30. Dec 22<br>11:00 |                      | 68 lb<br>125 s | 42 lb<br>131 s | 60 lb<br>126 s |      | 40 lb<br>140 s |      | 50 lb<br>124 s | 30 lb<br>121 s | 34 lb<br>122 s | 64 lb<br>106 s | 56 lb<br>128 s | 100 lb<br>130 s |                |               |    |
| 03. Jan 23<br>10:55 |                      | 68 lb<br>130 s | 42 lb<br>121 s | 60 lb<br>87 s  |      | 40 lb<br>125 s |      | 50 lb<br>124 s |                | 34 lb<br>122 s | 64 lb<br>157 s | 60 lb<br>137 s | 100 lb<br>129 s | 46 lb<br>153 s | 2 lb<br>129 s |    |
| 06. Jan 23<br>10:57 |                      | 68 lb<br>155 s | 42 lb<br>159 s |                |      |                |      |                |                |                |                | 60 lb<br>157 s |                 |                |               |    |
| 10. Jan 23<br>10:44 |                      | 68 lb<br>129 s | 42 lb<br>123 s |                |      |                |      |                | 30 lb<br>122 s |                |                | 62 lb<br>130 s | 100 lb<br>153 s | 46 lb<br>128 s | 2 lb<br>130 s |    |
| 12. Jan 23<br>10:45 |                      |                | 42 lb<br>123 s | 60 lb<br>123 s |      | 40 lb<br>127 s |      | 50 lb<br>125 s | 30 lb<br>127 s | 34 lb<br>134 s | 64 lb<br>151 s | 62 lb<br>133 s | 100 lb<br>152 s | 46 lb<br>126 s |               |    |
| 20. Jan 23<br>10:50 |                      | 68 lb<br>102 s | 42 lb<br>128 s |                |      |                |      | 50 lb<br>120 s | 30 lb<br>166 s | 34 lb<br>79 s  |                | 62 lb<br>126 s |                 |                |               |    |
| 24. Jan 23<br>08:11 |                      | 68 lb<br>122 s | 42 lb<br>127 s |                |      | 40 lb<br>142 s |      | 50 lb<br>126 s | 30 lb<br>136 s | 34 lb<br>127 s | 64 lb<br>125 s | 62 lb<br>157 s | 100 lb<br>154 s | 46 lb<br>125 s | 2 lb<br>132 s |    |
| 27. Jan 23<br>10:12 |                      | 68 lb<br>141 s | 42 lb<br>147 s | 60 lb<br>125 s |      | 40 lb<br>152 s |      | 48 lb<br>105 s | 30 lb<br>129 s | 34 lb<br>157 s | 64 lb<br>152 s | 62 lb<br>162 s | 100 lb<br>152 s |                | 2 lb<br>146 s |    |
| 31. Jan 23<br>11:05 |                      | 68 lb<br>152 s | 42 lb<br>154 s | 60 lb<br>122 s |      | 40 lb<br>124 s |      | 48 lb<br>161 s | 30 lb<br>122 s |                | 64 lb<br>154 s |                | 100 lb<br>156 s |                |               |    |
| 03. Feb 23<br>10:11 |                      | 68 lb<br>122 s | 42 lb<br>120 s | 60 lb<br>125 s |      | 40 lb<br>125 s |      |                | 30 lb<br>123 s | 34 lb<br>126 s | 64 lb<br>131 s | 62 lb<br>125 s | 100 lb<br>161 s | 46 lb<br>125 s | 2 lb<br>122 s |    |
| 24. Sep 23<br>10:53 | Prg. 1<br>60 hPa   2 | 68 lb<br>153 s | 42 lb<br>158 s | 56 lb<br>126 s |      | 36 lb<br>152 s |      | 48 lb<br>152 s | 30 lb<br>122 s | 34 lb<br>154 s | 64 lb<br>154 s | 62 lb<br>122 s | 100 lb<br>134 s | 46 lb<br>128 s |               |    |
| 27. Sep 23<br>10:57 | Prg. 1<br>65 hPa   2 | 68 lb<br>126 s | 32 lb<br>161 s | 56 lb<br>132 s |      | 36 lb<br>134 s |      | 48 lb<br>142 s | 30 lb<br>122 s | 34 lb<br>123 s | 66 lb<br>127 s | 62 lb<br>138 s | 100 lb<br>130 s |                |               |    |
| 28. Sep 23<br>10:17 | Prg. 1<br>45 hPa   2 |                | 34 lb<br>152 s | 56 lb<br>125 s |      | 36 lb<br>121 s |      | 48 lb<br>123 s | 30 lb<br>123 s | 34 lb<br>144 s |                | 62 lb<br>130 s | 100 lb<br>161 s | 46 lb<br>134 s |               |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7              | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|----------------|----------------|------|----------------|----------------|----------------|----------------|----------------|-----------------|----------------|----|----|
| 08. Oct 23<br>11:19 | Prg. 1<br>48 hPa   2   | 66 lb<br>155 s | 34 lb<br>160 s | 56 lb<br>124 s |                | 36 lb<br>125 s |      | 48 lb<br>125 s | 30 lb<br>121 s | 34 lb<br>125 s | 66 lb<br>135 s | 62 lb<br>128 s | 100 lb<br>135 s |                |    |    |
| 13. Oct 23<br>10:38 | Prg. 1<br>43 hPa   1   | 66 lb<br>133 s | 34 lb<br>153 s | 56 lb<br>122 s |                | 36 lb<br>124 s |      | 48 lb<br>128 s | 30 lb<br>152 s |                | 66 lb<br>122 s |                |                 |                |    |    |
| 16. Oct 23<br>10:48 | Prg. 1<br>46 hPa   4   |                | 34 lb<br>157 s |                |                |                |      | 48 lb<br>145 s | 30 lb<br>128 s | 34 lb<br>125 s | 66 lb<br>2 s   | 62 lb<br>122 s | 100 lb<br>121 s |                |    |    |
| 20. Oct 23<br>10:49 | Prg. 1<br>45 hPa   3   | 66 lb<br>131 s | 34 lb<br>155 s | 56 lb<br>125 s |                | 36 lb<br>122 s |      | 48 lb<br>146 s | 30 lb<br>122 s | 34 lb<br>146 s |                |                |                 |                |    |    |
| 22. Oct 23<br>10:07 | Prg. 1<br>57 hPa   3   | 66 lb<br>133 s | 34 lb<br>151 s | 56 lb<br>136 s |                | 36 lb<br>49 s  |      | 48 lb<br>156 s | 30 lb<br>140 s | 34 lb<br>121 s | 66 lb<br>141 s | 62 lb<br>121 s | 100 lb<br>121 s | 46 lb<br>126 s |    |    |
| 01. Nov 23<br>10:16 | Prg. 1<br>34 hPa   4   | 66 lb<br>125 s | 34 lb<br>160 s | 56 lb<br>149 s |                | 36 lb<br>156 s |      | 48 lb<br>123 s | 30 lb<br>122 s | 34 lb<br>121 s | 66 lb<br>131 s | 62 lb<br>125 s | 100 lb<br>133 s |                |    |    |
| 03. Nov 23<br>09:48 | Prg. 1<br>64 hPa   3   | 66 lb<br>153 s | 34 lb<br>167 s | 56 lb<br>121 s |                | 36 lb<br>132 s |      | 48 lb<br>122 s | 30 lb<br>133 s | 34 lb<br>120 s | 66 lb<br>103 s | 62 lb<br>125 s | 100 lb<br>124 s | 46 lb<br>128 s |    |    |
| 06. Nov 23<br>10:34 | Prg. 1<br>38 hPa   4   | 66 lb<br>132 s | 34 lb<br>151 s | 56 lb<br>135 s |                |                |      | 48 lb<br>125 s | 30 lb<br>123 s | 34 lb<br>124 s | 66 lb<br>122 s | 62 lb<br>131 s | 100 lb<br>125 s | 46 lb<br>126 s |    |    |
| 08. Nov 23<br>11:13 | Prg. 1<br>20 hPa   5   |                | 34 lb<br>162 s | 56 lb<br>126 s |                |                |      | 48 lb<br>128 s | 30 lb<br>124 s | 34 lb<br>154 s | 66 lb<br>133 s | 62 lb<br>132 s | 100 lb<br>158 s | 46 lb<br>155 s |    |    |
| 13. Nov 23<br>10:53 | Prg. 1<br>59.1 hPa   3 | 66 lb<br>139 s | 34 lb<br>152 s | 56 lb<br>153 s |                |                |      | 48 lb<br>133 s | 30 lb<br>127 s | 34 lb<br>124 s | 66 lb<br>123 s | 62 lb<br>122 s | 100 lb<br>136 s | 46 lb<br>124 s |    |    |
| 15. Nov 23<br>10:36 | Prg. 1<br>36.5 hPa   4 | 66 lb<br>140 s | 34 lb<br>158 s | 56 lb<br>120 s |                | 36 lb<br>122 s |      | 48 lb<br>125 s | 30 lb<br>133 s | 34 lb<br>122 s |                | 62 lb<br>123 s | 100 lb<br>121 s |                |    |    |
| 19. Nov 23<br>10:39 | Prg. 1<br>56.5 hPa   3 | 66 lb<br>135 s | 34 lb<br>155 s | 56 lb<br>133 s |                | 36 lb<br>125 s |      | 48 lb<br>127 s | 30 lb<br>171 s | 34 lb<br>121 s | 66 lb<br>123 s | 62 lb<br>120 s | 100 lb<br>129 s | 46 lb<br>125 s |    |    |
| 22. Nov 23<br>10:15 |                        | 66 lb<br>152 s | 34 lb<br>158 s | 56 lb<br>154 s |                | 36 lb<br>152 s |      | 48 lb<br>157 s | 30 lb<br>152 s | 34 lb<br>151 s | 66 lb<br>131 s | 62 lb<br>153 s | 100 lb<br>140 s | 46 lb<br>145 s |    |    |
| 11. Mar 24<br>10:00 | Prg. 1<br>20 hPa   4   |                |                | 40 lb<br>131 s | 20 lb<br>130 s |                |      | 24 lb<br>129 s | 20 lb<br>136 s | 20 lb<br>124 s | 34 lb<br>149 s | 30 lb<br>185 s | 50 lb<br>122 s  | 22 lb<br>126 s |    |    |
| 13. Mar 24<br>10:29 |                        | 66 lb<br>140 s | 20 lb<br>181 s | 40 lb<br>125 s |                | 20 lb<br>129 s |      | 24 lb<br>182 s | 20 lb<br>182 s | 20 lb<br>132 s | 34 lb<br>177 s | 30 lb<br>182 s | 50 lb<br>191 s  | 22 lb<br>164 s |    |    |
| 23. Mar 24<br>10:54 | Prg. 1<br>22.3 hPa   2 | 34 lb<br>157 s | 20 lb<br>152 s | 20 lb<br>157 s |                | 20 lb<br>151 s |      | 24 lb<br>185 s | 20 lb<br>150 s |                | 34 lb<br>156 s | 30 lb<br>165 s | 50 lb<br>171 s  | 22 lb<br>152 s |    |    |
| 26. Mar 24<br>10:47 | Prg. 1<br>26.1 hPa   2 | 34 lb<br>153 s | 20 lb<br>152 s | 20 lb<br>155 s |                | 20 lb<br>152 s |      | 24 lb<br>152 s | 20 lb<br>244 s | 24 lb<br>55 s  | 36 lb<br>153 s | 30 lb<br>151 s | 50 lb<br>151 s  | 24 lb<br>173 s |    |    |
| 29. Mar 24<br>09:55 | Prg. 1<br>31.8 hPa   2 | 36 lb<br>152 s | 22 lb<br>152 s | 24 lb<br>173 s |                | 22 lb<br>152 s |      | 24 lb<br>156 s | 22 lb<br>152 s | 22 lb<br>140 s | 40 lb<br>145 s | 40 lb<br>162 s | 52 lb<br>143 s  |                |    |    |
| 03. Apr 24<br>10:27 | Prg. 1<br>35 hPa   2   | 36 lb<br>153 s | 22 lb<br>152 s | 26 lb<br>151 s |                | 22 lb<br>151 s |      | 24 lb<br>152 s | 22 lb<br>151 s | 22 lb<br>172 s | 40 lb<br>136 s | 42 lb<br>156 s | 52 lb<br>152 s  |                |    |    |
| 06. Apr 24<br>10:29 | Prg. 1<br>33.8 hPa   4 | 36 lb<br>159 s | 22 lb<br>154 s | 26 lb<br>153 s |                | 22 lb<br>152 s |      | 24 lb<br>157 s | 22 lb<br>154 s |                |                | 42 lb<br>156 s | 52 lb<br>151 s  |                |    |    |
| 08. Apr 24<br>11:02 | Prg. 1<br>46.2 hPa   4 |                | 22 lb<br>153 s | 26 lb<br>165 s |                | 22 lb<br>153 s |      | 24 lb<br>153 s | 24 lb<br>155 s | 22 lb<br>132 s | 42 lb<br>151 s | 42 lb<br>152 s | 52 lb<br>152 s  | 24 lb<br>152 s |    |    |
| 11. Apr 24<br>09:48 | Prg. 1<br>42.5 hPa   3 | 38 lb<br>158 s | 24 lb<br>154 s | 28 lb<br>151 s |                | 22 lb<br>151 s |      | 24 lb<br>157 s | 24 lb<br>165 s | 22 lb<br>152 s | 44 lb<br>152 s | 42 lb<br>155 s | 52 lb<br>156 s  | 24 lb<br>152 s |    |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|----------------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 15. Apr 24<br>09:40 | Prg. 1<br>28.8 hPa   4 | 38 lb<br>152 s | 24 lb<br>158 s |                |                | 22 lb<br>153 s |      | 24 lb<br>158 s | 24 lb<br>6 s   | 22 lb<br>120 s | 44 lb<br>153 s | 42 lb<br>151 s | 52 lb<br>130 s | 24 lb<br>152 s |    |    |
| 19. Apr 24<br>10:09 | Prg. 1<br>25.8 hPa   5 | 38 lb<br>157 s | 26 lb<br>154 s | 28 lb<br>166 s |                | 22 lb<br>157 s |      | 24 lb<br>160 s | 26 lb<br>158 s | 20 lb<br>127 s | 44 lb<br>154 s | 42 lb<br>161 s | 52 lb<br>121 s | 24 lb<br>3 s   |    |    |
| 22. Apr 24<br>10:47 | Prg. 1<br>21 hPa   4   |                | 26 lb<br>153 s |                |                |                |      |                | 26 lb<br>152 s | 20 lb<br>151 s | 44 lb<br>157 s | 46 lb<br>151 s | 56 lb<br>154 s | 26 lb<br>151 s |    |    |
| 26. Apr 24<br>09:06 | Prg. 1<br>15 hPa   5   |                | 28 lb<br>156 s |                |                | 22 lb<br>158 s |      | 28 lb<br>159 s | 28 lb<br>161 s | 20 lb<br>155 s | 44 lb<br>155 s | 48 lb<br>154 s | 56 lb<br>154 s | 26 lb<br>154 s |    |    |
| 01. May 24<br>10:24 | Prg. 1<br>33.3 hPa   6 | 38 lb<br>154 s | 28 lb<br>157 s | 30 lb<br>174 s |                | 22 lb<br>152 s |      | 28 lb<br>126 s | 30 lb<br>162 s | 20 lb<br>152 s | 44 lb<br>158 s | 48 lb<br>154 s | 56 lb<br>152 s | 28 lb<br>153 s |    |    |
| 05. May 24<br>10:38 | Prg. 1<br>36 hPa   5   | 40 lb<br>152 s | 30 lb<br>153 s | 30 lb<br>154 s |                | 22 lb<br>156 s |      | 28 lb<br>191 s | 30 lb<br>168 s | 20 lb<br>152 s | 46 lb<br>201 s | 50 lb<br>155 s | 56 lb<br>152 s |                |    |    |
| 08. May 24<br>09:49 | Prg. 1<br>47.3 hPa   4 |                | 30 lb<br>152 s | 30 lb<br>151 s |                | 22 lb<br>151 s |      | 30 lb<br>154 s | 32 lb<br>129 s | 20 lb<br>151 s |                | 50 lb<br>144 s |                |                |    |    |
| 12. May 24<br>09:39 | Prg. 1<br>13.3 hPa   6 | 42 lb<br>166 s | 32 lb<br>167 s | 32 lb<br>152 s |                | 22 lb<br>159 s |      | 30 lb<br>162 s | 32 lb<br>158 s | 20 lb<br>152 s | 50 lb<br>164 s | 50 lb<br>152 s | 62 lb<br>152 s |                |    |    |
| 15. May 24<br>16:19 | Prg. 1<br>43.6 hPa   4 | 44 lb<br>152 s | 32 lb<br>151 s | 32 lb<br>162 s |                | 22 lb<br>152 s |      | 30 lb<br>154 s | 34 lb<br>47 s  |                |                | 54 lb<br>136 s | 62 lb<br>152 s | 30 lb<br>152 s |    |    |
| 29. May 24<br>09:48 | Prg. 1<br>40.7 hPa   4 |                | 32 lb<br>159 s | 34 lb<br>173 s | 22 lb<br>155 s |                |      | 30 lb<br>153 s | 34 lb<br>185 s | 22 lb<br>153 s | 58 lb<br>161 s | 56 lb<br>154 s | 62 lb<br>153 s |                |    |    |
| 05. Jun 24<br>09:52 | Prg. 1<br>34 hPa   5   | 46 lb<br>156 s |                |                |                |                |      | 30 lb<br>158 s | 36 lb<br>157 s |                |                | 58 lb<br>124 s |                | 30 lb<br>155 s |    |    |
| 08. Jun 24<br>10:18 | Prg. 1<br>37.8 hPa   5 | 50 lb<br>155 s | 32 lb<br>167 s | 36 lb<br>172 s |                | 24 lb<br>159 s |      | 32 lb<br>153 s | 36 lb<br>154 s | 22 lb<br>152 s | 60 lb<br>128 s | 58 lb<br>158 s | 62 lb<br>158 s | 30 lb<br>161 s |    |    |
| 12. Jun 24<br>09:34 | Prg. 1<br>27.5 hPa   4 |                | 32 lb<br>158 s | 38 lb<br>163 s |                | 24 lb<br>157 s |      | 32 lb<br>160 s | 36 lb<br>156 s |                |                | 58 lb<br>129 s |                |                |    |    |
| 20. Jun 24<br>09:47 | Prg. 1<br>32.3 hPa   3 | 50 lb<br>152 s | 32 lb<br>156 s | 40 lb<br>165 s |                | 26 lb<br>158 s |      | 32 lb<br>151 s | 36 lb<br>151 s | 22 lb<br>152 s | 60 lb<br>151 s | 60 lb<br>156 s | 64 lb<br>153 s | 32 lb<br>156 s |    |    |
| 22. Jun 24<br>09:45 | Prg. 1<br>22 hPa   5   | 50 lb<br>157 s | 32 lb<br>162 s | 42 lb<br>159 s |                | 28 lb<br>154 s |      | 32 lb<br>80 s  | 36 lb<br>155 s | 22 lb<br>167 s | 62 lb<br>156 s | 62 lb<br>152 s | 66 lb<br>155 s | 34 lb<br>162 s |    |    |
| 26. Jun 24<br>09:22 | Prg. 1<br>22.4 hPa   4 |                | 32 lb<br>152 s |                |                |                |      | 32 lb<br>155 s | 36 lb<br>152 s |                |                | 62 lb<br>152 s | 66 lb<br>153 s | 36 lb<br>103 s |    |    |
| 30. Jun 24<br>10:39 | Prg. 1<br>38.1 hPa   4 | 52 lb<br>161 s | 34 lb<br>155 s | 44 lb<br>179 s |                | 30 lb<br>157 s |      | 32 lb<br>153 s | 36 lb<br>152 s | 24 lb<br>154 s | 64 lb<br>152 s | 62 lb<br>159 s | 68 lb<br>153 s | 36 lb<br>156 s |    |    |
| 09. Jul 24<br>10:17 | Prg. 1<br>26.4 hPa   5 |                | 34 lb<br>134 s | 46 lb<br>153 s |                | 30 lb<br>122 s |      | 32 lb<br>161 s | 36 lb<br>154 s | 24 lb<br>152 s | 64 lb<br>125 s | 62 lb<br>161 s | 70 lb<br>157 s |                |    |    |
| 13. Jul 24<br>10:48 | Prg. 1<br>36 hPa   6   | 52 lb<br>161 s | 34 lb<br>155 s | 46 lb<br>156 s |                | 30 lb<br>153 s |      | 32 lb<br>160 s | 36 lb<br>158 s |                |                | 62 lb<br>87 s  | 70 lb<br>153 s |                |    |    |
| 19. Jul 24<br>10:18 | Prg. 1<br>31.3 hPa   5 | 52 lb<br>162 s | 34 lb<br>155 s | 46 lb<br>155 s |                | 30 lb<br>153 s |      | 32 lb<br>152 s | 36 lb<br>123 s |                | 56 lb<br>152 s | 60 lb<br>150 s |                |                |    |    |
| 29. Jul 24<br>10:33 | Prg. 1<br>64.1 hPa   5 | 52 lb<br>159 s |                | 46 lb<br>155 s |                | 30 lb<br>153 s |      | 32 lb<br>221 s | 36 lb<br>153 s | 24 lb<br>165 s | 56 lb<br>160 s | 60 lb<br>128 s | 70 lb<br>152 s | 36 lb<br>156 s |    |    |
| 01. Aug 24<br>09:49 | Prg. 1<br>29.1 hPa   6 | 52 lb<br>158 s | 34 lb<br>154 s | 46 lb<br>156 s |                | 30 lb<br>151 s |      | 30 lb<br>153 s | 36 lb<br>152 s | 24 lb<br>123 s | 56 lb<br>94 s  | 60 lb<br>124 s | 70 lb<br>155 s |                |    |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 10. Aug 24<br>09:30 | Prg. 1<br>38.5 hPa   5 | 52 lb<br>157 s | 34 lb<br>153 s | 46 lb<br>158 s |      | 30 lb<br>152 s |      | 30 lb<br>152 s | 36 lb<br>157 s | 22 lb<br>157 s | 52 lb<br>152 s |                |                |                |    |    |
| 15. Aug 24<br>09:33 | Prg. 1<br>32.5 hPa   7 | 52 lb<br>160 s | 34 lb<br>157 s | 46 lb<br>156 s |      | 30 lb<br>157 s |      | 30 lb<br>155 s | 36 lb<br>155 s |                |                | 56 lb<br>152 s |                |                |    |    |
| 27. Aug 24<br>10:06 | Prg. 1<br>32.3 hPa   7 | 52 lb<br>156 s | 34 lb<br>156 s | 46 lb<br>153 s |      | 30 lb<br>155 s |      | 30 lb<br>155 s | 36 lb<br>153 s | 22 lb<br>155 s | 52 lb<br>153 s |                |                |                |    |    |
| 02. Sep 24<br>09:17 | Prg. 1<br>40.3 hPa   6 |                | 34 lb<br>126 s | 46 lb<br>156 s |      | 30 lb<br>134 s |      | 30 lb<br>152 s | 36 lb<br>140 s | 22 lb<br>154 s | 52 lb<br>152 s | 56 lb<br>152 s |                |                |    |    |
| 12. Sep 24<br>09:48 | Prg. 1<br>34.4 hPa   7 | 52 lb<br>153 s | 34 lb<br>170 s | 46 lb<br>157 s |      | 30 lb<br>155 s |      | 30 lb<br>241 s | 36 lb<br>154 s |                |                |                |                |                |    |    |
| 17. Sep 24<br>09:43 | Prg. 1<br>34 hPa   6   | 52 lb<br>154 s | 34 lb<br>152 s | 46 lb<br>153 s |      | 30 lb<br>157 s |      |                | 36 lb<br>174 s |                | 52 lb<br>152 s |                |                |                |    |    |
| 22. Sep 24<br>10:22 | Prg. 1<br>37.7 hPa   4 | 52 lb<br>157 s | 34 lb<br>154 s | 46 lb<br>152 s |      | 30 lb<br>158 s |      | 30 lb<br>151 s | 36 lb<br>162 s | 22 lb<br>167 s | 52 lb<br>153 s | 58 lb<br>157 s |                |                |    |    |
| 27. Sep 24<br>10:21 | Prg. 1<br>49.2 hPa   6 | 52 lb<br>154 s | 34 lb<br>154 s | 46 lb<br>174 s |      | 30 lb<br>151 s |      | 32 lb<br>154 s | 38 lb<br>134 s | 24 lb<br>154 s | 52 lb<br>165 s |                |                |                |    |    |
| 30. Sep 24<br>09:31 | Prg. 1<br>47.7 hPa   6 |                | 34 lb<br>151 s | 46 lb<br>152 s |      | 30 lb<br>135 s |      | 32 lb<br>153 s | 38 lb<br>137 s | 24 lb<br>152 s | 52 lb<br>152 s |                | 70 lb<br>93 s  |                |    |    |
| 14. Oct 24<br>10:56 | Prg. 1<br>29 hPa   5   | 52 lb<br>160 s | 34 lb<br>152 s | 46 lb<br>173 s |      | 30 lb<br>157 s |      | 32 lb<br>166 s | 38 lb<br>155 s | 24 lb<br>152 s | 52 lb<br>152 s | 60 lb<br>126 s | 72 lb<br>157 s | 36 lb<br>153 s |    |    |
| 22. Oct 24<br>09:25 | Prg. 1<br>31.7 hPa   7 | 52 lb<br>152 s | 34 lb<br>136 s | 50 lb<br>127 s |      | 32 lb<br>127 s |      |                | 24 lb<br>152 s |                |                |                |                | 36 lb<br>153 s |    |    |
| 25. Oct 24<br>09:54 | Prg. 1<br>35.1 hPa   4 | 54 lb<br>155 s | 34 lb<br>163 s | 50 lb<br>159 s |      | 32 lb<br>153 s |      | 34 lb<br>150 s | 38 lb<br>152 s | 24 lb<br>165 s | 52 lb<br>154 s | 60 lb<br>156 s | 72 lb<br>155 s | 38 lb<br>156 s |    |    |
| 28. Oct 24<br>09:42 | Prg. 1<br>35.4 hPa   4 |                | 34 lb<br>151 s | 52 lb<br>157 s |      | 32 lb<br>153 s |      | 34 lb<br>153 s | 38 lb<br>150 s | 26 lb<br>152 s | 52 lb<br>154 s | 60 lb<br>151 s | 72 lb<br>153 s | 38 lb<br>158 s |    |    |
| 31. Oct 24<br>09:50 | Prg. 1<br>58.6 hPa   3 | 54 lb<br>152 s | 36 lb<br>152 s | 52 lb<br>152 s |      | 32 lb<br>163 s |      |                | 38 lb<br>157 s | 26 lb<br>180 s |                |                | 72 lb<br>154 s |                |    |    |
| 04. Nov 24<br>09:23 | Prg. 1<br>45.9 hPa   6 | 54 lb<br>150 s | 36 lb<br>154 s | 52 lb<br>170 s |      | 34 lb<br>155 s |      | 34 lb<br>161 s | 40 lb<br>158 s | 30 lb<br>154 s | 52 lb<br>151 s | 60 lb<br>156 s | 72 lb<br>153 s | 40 lb<br>155 s |    |    |
| 07. Nov 24<br>09:20 | Prg. 1<br>20.8 hPa   5 | 54 lb<br>152 s | 36 lb<br>160 s | 52 lb<br>151 s |      | 34 lb<br>152 s |      | 36 lb<br>152 s | 40 lb<br>112 s | 30 lb<br>151 s | 52 lb<br>152 s | 60 lb<br>153 s | 74 lb<br>153 s | 40 lb<br>154 s |    |    |
| 11. Nov 24<br>10:20 | Prg. 1<br>27.4 hPa   4 | 54 lb<br>163 s | 38 lb<br>152 s | 52 lb<br>152 s |      | 36 lb<br>152 s |      | 38 lb<br>192 s | 40 lb<br>153 s | 30 lb<br>154 s | 54 lb<br>153 s | 60 lb<br>152 s | 74 lb<br>154 s | 40 lb<br>154 s |    |    |
| 18. Nov 24<br>10:32 | Prg. 1<br>39.7 hPa   6 | 56 lb<br>155 s | 40 lb<br>138 s | 52 lb<br>154 s |      | 36 lb<br>153 s |      | 40 lb<br>152 s | 40 lb<br>154 s | 30 lb<br>154 s | 56 lb<br>154 s | 60 lb<br>151 s | 76 lb<br>152 s | 40 lb<br>153 s |    |    |
| 22. Nov 24<br>09:39 | Prg. 1<br>40.3 hPa   6 | 56 lb<br>152 s | 40 lb<br>134 s | 52 lb<br>153 s |      | 36 lb<br>156 s |      | 40 lb<br>152 s | 40 lb<br>158 s | 32 lb<br>152 s | 58 lb<br>156 s | 60 lb<br>156 s | 78 lb<br>171 s |                |    |    |
| 25. Nov 24<br>09:16 | Prg. 1<br>35.3 hPa   5 |                | 40 lb<br>122 s | 52 lb<br>156 s |      | 36 lb<br>159 s |      | 40 lb<br>158 s | 40 lb<br>152 s | 34 lb<br>125 s | 58 lb<br>153 s | 60 lb<br>154 s | 80 lb<br>154 s |                |    |    |
| 29. Nov 24<br>09:43 | Prg. 1<br>30.7 hPa   6 | 56 lb<br>151 s | 40 lb<br>138 s | 52 lb<br>154 s |      | 38 lb<br>154 s |      | 40 lb<br>154 s | 42 lb<br>122 s |                |                | 62 lb<br>152 s | 80 lb<br>154 s |                |    |    |
| 04. Dec 24<br>09:57 | Prg. 1<br>34.1 hPa   6 | 58 lb<br>155 s | 40 lb<br>152 s | 52 lb<br>159 s |      | 40 lb<br>152 s |      | 42 lb<br>151 s | 42 lb<br>158 s | 34 lb<br>153 s | 58 lb<br>155 s | 62 lb<br>153 s | 82 lb<br>152 s |                |    |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 09. Dec 24<br>11:10 | Prg. 1<br>18 hPa   7   | 60 lb<br>153 s | 40 lb<br>152 s | 54 lb<br>158 s |      | 40 lb<br>154 s |      | 42 lb<br>152 s | 42 lb<br>154 s | 34 lb<br>152 s | 58 lb<br>154 s | 62 lb<br>122 s | 82 lb<br>153 s |                |    |    |
| 13. Dec 24<br>15:14 | Prg. 1<br>25.1 hPa   7 | 60 lb<br>155 s | 40 lb<br>155 s | 54 lb<br>154 s |      | 40 lb<br>154 s |      | 42 lb<br>166 s | 42 lb<br>154 s | 34 lb<br>158 s | 60 lb<br>152 s | 62 lb<br>165 s | 82 lb<br>154 s | 40 lb<br>153 s |    |    |
| 16. Dec 24<br>09:10 | Prg. 1<br>21.6 hPa   5 |                | 40 lb<br>125 s | 54 lb<br>121 s |      | 40 lb<br>122 s |      | 42 lb<br>151 s | 42 lb<br>152 s | 34 lb<br>155 s | 60 lb<br>161 s | 62 lb<br>158 s | 82 lb<br>152 s | 40 lb<br>155 s |    |    |
| 04. Jan 25<br>10:08 | Prg. 1<br>27.5 hPa   5 | 60 lb<br>152 s | 40 lb<br>87 s  | 54 lb<br>152 s |      | 40 lb<br>156 s |      | 42 lb<br>189 s | 42 lb<br>151 s | 34 lb<br>125 s | 60 lb<br>153 s | 62 lb<br>152 s | 82 lb<br>152 s | 40 lb<br>154 s |    |    |
| 11. Feb 25<br>10:24 | Prg. 1<br>24.1 hPa   5 | 58 lb<br>151 s | 34 lb<br>152 s | 54 lb<br>151 s |      | 42 lb<br>135 s |      | 40 lb<br>152 s | 36 lb<br>153 s | 28 lb<br>150 s | 56 lb<br>152 s | 58 lb<br>150 s | 76 lb<br>153 s |                |    |    |
| 13. Feb 25<br>10:00 | Prg. 1<br>22.4 hPa   7 | 58 lb<br>157 s | 34 lb<br>156 s | 54 lb<br>125 s |      | 42 lb<br>124 s |      | 40 lb<br>152 s | 36 lb<br>151 s | 28 lb<br>154 s | 56 lb<br>154 s | 58 lb<br>152 s | 76 lb<br>154 s |                |    |    |
| 17. Feb 25<br>10:04 | Prg. 1<br>19.1 hPa   6 | 58 lb<br>152 s | 34 lb<br>153 s | 54 lb<br>122 s |      | 42 lb<br>124 s |      | 40 lb<br>154 s | 36 lb<br>152 s |                | 56 lb<br>152 s | 58 lb<br>126 s | 76 lb<br>152 s | 40 lb<br>153 s |    |    |
| 01. Mar 25<br>10:24 | Prg. 1<br>23.5 hPa   8 | 56 lb<br>155 s | 34 lb<br>162 s | 54 lb<br>156 s |      | 42 lb<br>154 s |      | 40 lb<br>162 s | 36 lb<br>168 s | 28 lb<br>156 s | 56 lb<br>150 s | 58 lb<br>150 s | 76 lb<br>159 s | 42 lb<br>152 s |    |    |
| 04. Mar 25<br>10:46 | Prg. 1<br>24.7 hPa   8 | 56 lb<br>157 s | 34 lb<br>157 s | 54 lb<br>153 s |      | 42 lb<br>153 s |      | 42 lb<br>152 s | 36 lb<br>152 s | 28 lb<br>159 s | 56 lb<br>152 s | 60 lb<br>156 s | 78 lb<br>154 s |                |    |    |
| 07. Mar 25<br>14:41 | Prg. 4<br>29 hPa   6   |                | 34 lb<br>156 s | 54 lb<br>155 s |      | 42 lb<br>154 s |      | 42 lb<br>151 s | 36 lb<br>152 s | 30 lb<br>163 s | 60 lb<br>152 s | 60 lb<br>165 s | 80 lb<br>153 s | 42 lb<br>152 s |    |    |
| 10. Mar 25<br>10:04 | Prg. 4<br>17.6 hPa   6 | 58 lb<br>151 s | 36 lb<br>156 s | 56 lb<br>122 s |      | 42 lb<br>152 s |      | 44 lb<br>153 s | 36 lb<br>152 s | 32 lb<br>153 s | 60 lb<br>159 s | 62 lb<br>150 s | 80 lb<br>153 s | 42 lb<br>153 s |    |    |
| 15. Mar 25<br>10:22 | Prg. 4<br>19.4 hPa   4 | 58 lb<br>39 s  | 36 lb<br>46 s  | 56 lb<br>152 s |      | 42 lb<br>152 s |      | 44 lb<br>153 s | 36 lb<br>153 s | 32 lb<br>157 s | 60 lb<br>152 s | 62 lb<br>162 s | 80 lb<br>154 s | 44 lb<br>150 s |    |    |
| 19. Mar 25<br>10:26 |                        |                | 36 lb<br>154 s | 56 lb<br>152 s |      | 42 lb<br>156 s |      | 44 lb<br>152 s | 38 lb<br>152 s | 32 lb<br>152 s | 60 lb<br>152 s | 62 lb<br>152 s | 80 lb<br>154 s | 44 lb<br>158 s |    |    |
| 22. Mar 25<br>10:32 | Prg. 1<br>31.5 hPa   6 | 58 lb<br>152 s | 36 lb<br>155 s | 58 lb<br>152 s |      | 44 lb<br>152 s |      | 44 lb<br>150 s | 38 lb<br>67 s  | 34 lb<br>125 s | 62 lb<br>152 s | 62 lb<br>156 s | 82 lb<br>149 s | 44 lb<br>156 s |    |    |
| 29. Mar 25<br>09:43 | Prg. 1<br>16.2 hPa   5 | 58 lb<br>152 s | 38 lb<br>151 s | 58 lb<br>152 s |      | 44 lb<br>158 s |      | 44 lb<br>152 s |                | 34 lb<br>150 s | 62 lb<br>152 s | 62 lb<br>152 s | 82 lb<br>152 s | 44 lb<br>151 s |    |    |
| 31. Mar 25<br>10:13 | Prg. 1<br>22 hPa   8   | 58 lb<br>154 s | 38 lb<br>154 s | 60 lb<br>121 s |      | 46 lb<br>95 s  |      | 44 lb<br>150 s | 34 lb<br>152 s |                | 62 lb<br>122 s | 62 lb<br>122 s | 82 lb<br>126 s | 44 lb<br>156 s |    |    |
| 04. Apr 25<br>09:58 | Prg. 1<br>26.1 hPa   7 |                | 38 lb<br>153 s | 60 lb<br>158 s |      | 46 lb<br>153 s |      | 44 lb<br>203 s | 34 lb<br>153 s | 34 lb<br>151 s |                |                |                |                |    |    |
| 07. Apr 25<br>10:01 | Prg. 1<br>20.4 hPa   6 | 58 lb<br>154 s | 38 lb<br>150 s | 60 lb<br>121 s |      | 46 lb<br>120 s |      | 46 lb<br>167 s | 34 lb<br>158 s | 34 lb<br>128 s |                | 62 lb<br>152 s | 82 lb<br>155 s | 44 lb<br>159 s |    |    |
| 11. Apr 25<br>10:18 | Prg. 1<br>24.3 hPa   7 | 58 lb<br>151 s | 38 lb<br>154 s | 60 lb<br>157 s |      | 46 lb<br>152 s |      | 48 lb<br>152 s | 34 lb<br>160 s | 34 lb<br>152 s | 64 lb<br>151 s | 62 lb<br>114 s | 82 lb<br>155 s | 44 lb<br>155 s |    |    |
| 15. Apr 25<br>10:13 | Prg. 1<br>18.1 hPa   8 | 58 lb<br>163 s | 38 lb<br>123 s | 60 lb<br>123 s |      | 46 lb<br>122 s |      | 48 lb<br>152 s | 34 lb<br>155 s | 34 lb<br>123 s | 64 lb<br>156 s | 62 lb<br>154 s | 82 lb<br>157 s | 44 lb<br>155 s |    |    |
| 18. Apr 25<br>09:43 | Prg. 1<br>15.3 hPa   6 | 60 lb<br>152 s | 38 lb<br>153 s | 60 lb<br>154 s |      | 46 lb<br>95 s  |      | 50 lb<br>153 s | 34 lb<br>169 s | 36 lb<br>129 s | 66 lb<br>153 s | 62 lb<br>160 s | 84 lb<br>156 s | 44 lb<br>158 s |    |    |
| 21. Apr 25<br>10:16 | Prg. 1<br>19.8 hPa   6 | 60 lb<br>152 s | 38 lb<br>157 s | 60 lb<br>151 s |      | 46 lb<br>154 s |      | 50 lb<br>152 s | 34 lb<br>159 s | 36 lb<br>152 s | 66 lb<br>168 s | 62 lb<br>165 s | 84 lb<br>154 s | 44 lb<br>153 s |    |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R           | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 25. Apr 25<br>09:59 | Prg. 1<br>16.7 hPa   7 | 60 lb<br>157 s | 40 lb<br>143 s | 60 lb<br>175 s |      | 46 lb<br>129 s |                | 50 lb<br>152 s | 34 lb<br>154 s | 36 lb<br>151 s | 68 lb<br>151 s |                |                |                |    |    |
| 01. May 25<br>09:21 | Prg. 1<br>21 hPa   6   |                | 40 lb<br>153 s | 60 lb<br>152 s |      | 46 lb<br>162 s |                | 50 lb<br>166 s | 34 lb<br>152 s | 36 lb<br>152 s | 68 lb<br>157 s | 64 lb<br>152 s | 84 lb<br>153 s | 44 lb<br>154 s |    |    |
| 05. May 25<br>09:41 | Prg. 1<br>28 hPa   7   | 60 lb<br>156 s | 40 lb<br>138 s | 60 lb<br>121 s |      | 46 lb<br>129 s |                | 50 lb<br>152 s | 34 lb<br>152 s | 36 lb<br>157 s | 68 lb<br>123 s | 64 lb<br>156 s | 84 lb<br>152 s | 44 lb<br>152 s |    |    |
| 09. May 25<br>10:53 | Prg. 1<br>20.4 hPa   7 |                | 40 lb<br>137 s | 60 lb<br>135 s |      | 46 lb<br>124 s |                | 52 lb<br>156 s | 34 lb<br>152 s | 36 lb<br>125 s | 68 lb<br>154 s | 64 lb<br>123 s |                | 44 lb<br>125 s |    |    |
| 18. May 25<br>09:59 | Prg. 1<br>16 hPa   5   | 60 lb<br>156 s |                | 60 lb<br>152 s |      | 46 lb<br>121 s |                |                | 34 lb<br>151 s | 36 lb<br>151 s | 68 lb<br>151 s | 64 lb<br>158 s | 84 lb<br>154 s | 44 lb<br>168 s |    |    |
| 20. May 25<br>09:42 | Prg. 1<br>24 hPa   6   | 60 lb<br>124 s | 40 lb<br>122 s | 60 lb<br>130 s |      | 46 lb<br>154 s |                | 52 lb<br>163 s | 34 lb<br>155 s | 36 lb<br>124 s | 68 lb<br>122 s | 64 lb<br>169 s | 84 lb<br>152 s | 44 lb<br>152 s |    |    |
| 26. May 25<br>09:26 |                        | 60 lb<br>151 s | 40 lb<br>158 s | 60 lb<br>125 s |      | 46 lb<br>129 s |                | 54 lb<br>154 s | 34 lb<br>154 s | 36 lb<br>123 s | 68 lb<br>121 s | 66 lb<br>142 s | 84 lb<br>151 s |                |    |    |
| 29. May 25<br>09:44 | Prg. 1<br>21.2 hPa   5 | 60 lb<br>124 s | 40 lb<br>128 s | 60 lb<br>158 s |      |                | 36 lb<br>151 s | 56 lb<br>161 s | 36 lb<br>133 s | 36 lb<br>139 s | 68 lb<br>139 s |                | 84 lb<br>156 s |                |    |    |
| 02. Jun 25<br>09:09 | Prg. 1<br>25.6 hPa   4 |                | 40 lb<br>124 s | 60 lb<br>126 s |      | 46 lb<br>129 s |                | 56 lb<br>151 s | 36 lb<br>152 s | 36 lb<br>130 s | 68 lb<br>125 s | 66 lb<br>142 s | 86 lb<br>156 s |                |    |    |
| 06. Jun 25<br>10:26 | Prg. 1<br>34 hPa   4   | 60 lb<br>152 s | 40 lb<br>152 s | 60 lb<br>152 s |      | 46 lb<br>154 s |                | 56 lb<br>153 s | 36 lb<br>132 s | 36 lb<br>151 s | 68 lb<br>127 s | 66 lb<br>120 s | 86 lb<br>152 s | 44 lb<br>153 s |    |    |
| 09. Jun 25<br>09:58 | Prg. 1<br>23.2 hPa   4 | 60 lb<br>158 s | 40 lb<br>160 s | 60 lb<br>154 s |      | 46 lb<br>157 s |                | 56 lb<br>154 s | 36 lb<br>153 s | 36 lb<br>152 s | 68 lb<br>152 s | 66 lb<br>152 s | 86 lb<br>155 s | 44 lb<br>153 s |    |    |
| 13. Jun 25<br>09:27 | Prg. 1<br>19.9 hPa   5 | 60 lb<br>153 s | 40 lb<br>159 s | 62 lb<br>152 s |      | 46 lb<br>123 s |                | 56 lb<br>158 s | 36 lb<br>153 s | 36 lb<br>123 s | 70 lb<br>123 s | 66 lb<br>123 s | 86 lb<br>153 s | 44 lb<br>154 s |    |    |
| 19. Jun 25<br>09:42 | Prg. 1<br>18.7 hPa   5 | 60 lb<br>153 s | 40 lb<br>153 s | 62 lb<br>151 s |      | 46 lb<br>159 s |                | 56 lb<br>164 s | 38 lb<br>153 s | 36 lb<br>155 s |                | 66 lb<br>137 s | 88 lb<br>128 s | 44 lb<br>153 s |    |    |
| 04. Jul 25<br>10:48 | Prg. 1<br>15 hPa   5   |                | 40 lb<br>156 s |                |      |                |                | 56 lb<br>150 s |                | 36 lb<br>166 s | 70 lb<br>124 s |                |                |                |    |    |
| 30. Sep 25<br>09:10 | Prg. 1<br>22.1 hPa   4 | 42 lb<br>154 s | 28 lb<br>159 s | 44 lb<br>153 s |      | 32 lb<br>154 s |                | 40 lb<br>152 s | 28 lb<br>150 s | 26 lb<br>155 s | 50 lb<br>154 s | 46 lb<br>153 s | 62 lb<br>158 s | 40 lb<br>154 s |    |    |
| 03. Oct 25<br>10:18 | Prg. 1<br>13 hPa   6   | 44 lb<br>151 s | 30 lb<br>172 s | 46 lb<br>160 s |      | 34 lb<br>163 s |                |                | 30 lb<br>179 s | 28 lb<br>163 s | 52 lb<br>165 s | 48 lb<br>154 s | 64 lb<br>186 s |                |    |    |
| 08. Oct 25<br>09:59 | Prg. 1<br>15 hPa   5   |                | 34 lb<br>154 s | 46 lb<br>165 s |      | 36 lb<br>155 s |                | 44 lb<br>157 s | 30 lb<br>151 s | 30 lb<br>160 s | 56 lb<br>163 s | 50 lb<br>156 s | 66 lb<br>154 s | 42 lb<br>162 s |    |    |
| 10. Oct 25<br>10:06 | Prg. 1<br>12.8 hPa   5 | 44 lb<br>152 s | 34 lb<br>156 s | 48 lb<br>210 s |      | 40 lb<br>177 s |                | 44 lb<br>154 s | 30 lb<br>161 s | 32 lb<br>152 s | 60 lb<br>157 s | 52 lb<br>159 s | 68 lb<br>169 s | 44 lb<br>152 s |    |    |
| 14. Oct 25<br>14:26 | Prg. 1<br>15 hPa   5   |                | 34 lb<br>156 s | 50 lb<br>151 s |      | 40 lb<br>161 s |                | 44 lb<br>151 s | 30 lb<br>398 s | 32 lb<br>162 s | 60 lb<br>156 s | 52 lb<br>152 s | 68 lb<br>159 s | 44 lb<br>156 s |    |    |
| 17. Oct 25<br>10:50 | Prg. 1<br>13 hPa   8   | 44 lb<br>154 s | 34 lb<br>157 s | 50 lb<br>152 s |      | 40 lb<br>154 s |                | 44 lb<br>158 s | 30 lb<br>154 s | 32 lb<br>153 s | 60 lb<br>152 s | 52 lb<br>154 s | 70 lb<br>159 s |                |    |    |
| 28. Oct 25<br>10:14 | Prg. 1<br>10.7 hPa   6 | 44 lb<br>152 s | 34 lb<br>157 s | 50 lb<br>159 s |      | 40 lb<br>152 s |                | 46 lb<br>151 s | 30 lb<br>151 s | 32 lb<br>182 s | 60 lb<br>153 s | 52 lb<br>166 s | 74 lb<br>159 s | 44 lb<br>152 s |    |    |
| 06. Nov 25<br>09:17 | Prg. 1<br>14 hPa   8   |                | 34 lb<br>153 s | 50 lb<br>152 s |      | 40 lb<br>152 s |                | 46 lb<br>132 s | 30 lb<br>152 s | 32 lb<br>153 s | 62 lb<br>152 s | 54 lb<br>153 s | 76 lb<br>157 s |                |    |    |



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|                     | A5                     | F3.1           | F2.1           | E4/L           | E4/R           | E5/L           | E5/R           | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 11. Nov 25<br>10:12 | Prg. 1<br>13.5 hPa   7 | 44 lb<br>155 s | 36 lb<br>156 s | 52 lb<br>155 s |                | 42 lb<br>165 s |                | 48 lb<br>154 s | 32 lb<br>155 s | 34 lb<br>152 s | 62 lb<br>164 s | 54 lb<br>152 s |                |                |    |    |
| 18. Nov 25<br>10:13 |                        |                |                |                |                |                |                |                |                | 34 lb<br>156 s |                | 54 lb<br>155 s | 76 lb<br>124 s | 44 lb<br>125 s |    |    |
| 20. Nov 25<br>10:06 | Prg. 1<br>15 hPa   5   | 44 lb<br>158 s | 38 lb<br>157 s | 52 lb<br>152 s |                | 46 lb<br>121 s |                | 50 lb<br>153 s | 32 lb<br>152 s | 36 lb<br>121 s | 64 lb<br>125 s | 56 lb<br>134 s | 78 lb<br>125 s | 44 lb<br>120 s |    |    |
| 23. Nov 25<br>10:20 |                        | 46 lb<br>158 s | 38 lb<br>149 s | 54 lb<br>164 s |                | 46 lb<br>163 s |                | 50 lb<br>156 s | 34 lb<br>152 s | 36 lb<br>155 s | 64 lb<br>153 s | 56 lb<br>163 s | 78 lb<br>153 s | 44 lb<br>154 s |    |    |
| 04. Dec 25<br>09:19 | Prg. 1<br>12.7 hPa   6 |                | 38 lb<br>126 s | 54 lb<br>151 s |                | 50 lb<br>122 s |                | 52 lb<br>153 s | 36 lb<br>151 s | 36 lb<br>123 s | 64 lb<br>152 s | 56 lb<br>156 s | 80 lb<br>152 s |                |    |    |
| 08. Dec 25<br>10:45 | Prg. 1<br>15 hPa   5   | 46 lb<br>123 s | 40 lb<br>124 s | 54 lb<br>122 s |                | 50 lb<br>126 s |                | 52 lb<br>157 s | 36 lb<br>122 s | 36 lb<br>154 s | 64 lb<br>151 s |                |                |                |    |    |
| 13. Dec 25<br>09:54 | Prg. 1<br>23.5 hPa   7 | 48 lb<br>152 s | 40 lb<br>143 s | 54 lb<br>151 s |                | 50 lb<br>129 s |                | 52 lb<br>157 s | 36 lb<br>152 s | 36 lb<br>122 s | 64 lb<br>170 s | 56 lb<br>155 s | 80 lb<br>154 s |                |    |    |
| 16. Dec 25<br>09:35 | Prg. 1<br>15 hPa   5   | 48 lb<br>153 s | 40 lb<br>153 s | 54 lb<br>121 s |                | 50 lb<br>102 s |                | 52 lb<br>152 s | 38 lb<br>154 s | 38 lb<br>151 s | 64 lb<br>154 s | 56 lb<br>156 s | 80 lb<br>153 s | 44 lb<br>155 s |    |    |
| 27. Dec 25<br>10:16 |                        | 50 lb<br>183 s | 40 lb<br>121 s | 54 lb<br>158 s |                | 50 lb<br>158 s |                | 52 lb<br>153 s | 40 lb<br>152 s | 40 lb<br>121 s | 64 lb<br>121 s | 56 lb<br>161 s | 82 lb<br>154 s | 44 lb<br>152 s |    |    |
| 03. Jan 26<br>10:41 |                        | 52 lb<br>156 s | 42 lb<br>132 s | 56 lb<br>153 s |                | 50 lb<br>156 s |                | 52 lb<br>165 s | 40 lb<br>154 s | 40 lb<br>160 s |                |                |                |                |    |    |
| 07. Jan 26<br>08:55 |                        |                | 42 lb<br>99 s  | 56 lb<br>123 s |                | 50 lb<br>120 s |                | 54 lb<br>168 s | 40 lb<br>151 s | 42 lb<br>122 s | 64 lb<br>152 s | 56 lb<br>153 s | 82 lb<br>154 s | 46 lb<br>153 s |    |    |
| 13. Jan 26<br>10:22 |                        |                | 38 lb<br>122 s | 52 lb<br>122 s |                | 46 lb<br>122 s |                | 50 lb<br>124 s | 32 lb<br>121 s |                |                | 56 lb<br>125 s | 78 lb<br>127 s |                |    |    |
| 17. Jan 26<br>10:22 |                        | 52 lb<br>159 s | 42 lb<br>128 s | 56 lb<br>151 s |                | 50 lb<br>154 s |                | 56 lb<br>152 s | 42 lb<br>167 s |                | 64 lb<br>152 s | 58 lb<br>152 s | 82 lb<br>163 s | 46 lb<br>154 s |    |    |
| 24. Jan 26<br>10:20 |                        | 54 lb<br>154 s | 42 lb<br>155 s | 56 lb<br>151 s |                | 52 lb<br>125 s |                | 56 lb<br>152 s | 44 lb<br>154 s |                | 64 lb<br>124 s | 58 lb<br>154 s | 84 lb<br>153 s | 46 lb<br>154 s |    |    |
| 27. Jan 26<br>09:48 |                        | 54 lb<br>150 s | 42 lb<br>91 s  | 56 lb<br>128 s |                | 52 lb<br>98 s  |                | 56 lb<br>151 s | 44 lb<br>122 s | 44 lb<br>118 s | 64 lb<br>152 s | 58 lb<br>154 s | 84 lb<br>151 s |                |    |    |
| 29. Jan 26<br>09:59 |                        | 54 lb<br>151 s | 42 lb<br>121 s | 56 lb<br>153 s |                | 50 lb<br>121 s |                | 56 lb<br>152 s | 44 lb<br>152 s | 44 lb<br>122 s | 64 lb<br>154 s | 60 lb<br>153 s | 86 lb<br>153 s | 46 lb<br>153 s |    |    |
| 04. Feb 26<br>09:40 |                        | 54 lb<br>152 s | 42 lb<br>155 s | 56 lb<br>139 s |                | 50 lb<br>148 s |                | 56 lb<br>164 s | 44 lb<br>124 s | 44 lb<br>123 s | 64 lb<br>156 s | 60 lb<br>138 s | 86 lb<br>154 s |                |    |    |
| 10. Feb 26<br>09:42 |                        | 54 lb<br>154 s | 42 lb<br>125 s | 56 lb<br>152 s |                | 50 lb<br>120 s |                | 58 lb<br>171 s | 46 lb<br>122 s | 44 lb<br>125 s | 66 lb<br>124 s | 60 lb<br>122 s | 88 lb<br>153 s | 46 lb<br>125 s |    |    |
| 12. Feb 26<br>09:06 |                        |                | 42 lb<br>102 s |                | 22 lb<br>173 s | 50 lb<br>128 s |                | 60 lb<br>182 s | 46 lb<br>129 s | 44 lb<br>121 s | 66 lb<br>95 s  | 60 lb<br>130 s | 88 lb<br>152 s |                |    |    |
| 16. Feb 26<br>10:19 |                        | 54 lb<br>154 s | 42 lb<br>125 s |                |                |                |                | 60 lb<br>151 s | 46 lb<br>152 s | 44 lb<br>124 s |                |                |                |                |    |    |
| 21. Feb 26<br>10:01 |                        | 54 lb<br>152 s | 40 lb<br>129 s |                | 56 lb<br>125 s |                | 50 lb<br>123 s | 60 lb<br>156 s | 46 lb<br>155 s | 44 lb<br>127 s | 66 lb<br>120 s | 60 lb<br>153 s | 90 lb<br>152 s | 46 lb<br>153 s |    |    |
| 25. Feb 26<br>10:03 |                        | 56 lb<br>153 s | 40 lb<br>151 s | 56 lb<br>123 s |                | 50 lb<br>124 s |                | 60 lb<br>123 s | 46 lb<br>123 s | 44 lb<br>121 s | 66 lb<br>122 s | 60 lb<br>126 s | 90 lb<br>156 s | 50 lb<br>124 s |    |    |



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|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|----|----------------|----------------|----------------|------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 02. Mar 26<br>09:08 |    | 56 lb<br>121 s | 40 lb<br>126 s | 56 lb<br>124 s |      | 50 lb<br>123 s |      | 60 lb<br>154 s | 46 lb<br>153 s | 44 lb<br>91 s  | 66 lb<br>123 s | 60 lb<br>154 s | 90 lb<br>121 s | 50 lb<br>152 s |    |    |
| 06. Mar 26<br>11:04 |    | 56 lb<br>138 s | 40 lb<br>153 s | 56 lb<br>153 s |      | 50 lb<br>129 s |      | 60 lb<br>167 s | 46 lb<br>123 s | 44 lb<br>128 s | 66 lb<br>151 s |                | 90 lb<br>152 s |                |    |    |
| 09. Mar 26<br>10:05 |    | 56 lb<br>126 s | 40 lb<br>153 s | 56 lb<br>123 s |      | 50 lb<br>122 s |      | 60 lb<br>121 s | 46 lb<br>122 s | 44 lb<br>123 s | 66 lb<br>123 s | 60 lb<br>128 s | 90 lb<br>154 s | 50 lb<br>153 s |    |    |
| 18. Mar 26<br>09:36 |    | 56 lb<br>122 s | 40 lb<br>152 s | 56 lb<br>154 s |      | 50 lb<br>156 s |      | 60 lb<br>152 s | 46 lb<br>121 s | 44 lb<br>122 s | 66 lb<br>121 s | 60 lb<br>154 s | 92 lb<br>152 s |                |    |    |
| 20. Mar 26<br>10:00 |    |                | 40 lb<br>152 s | 56 lb<br>153 s |      | 50 lb<br>122 s |      | 60 lb<br>154 s | 46 lb<br>122 s | 44 lb<br>124 s | 66 lb<br>95 s  | 60 lb<br>122 s | 92 lb<br>154 s |                |    |    |
| 25. Mar 26<br>09:38 |    |                | 40 lb<br>121 s | 56 lb<br>152 s |      | 50 lb<br>121 s |      | 60 lb<br>151 s | 46 lb<br>153 s | 44 lb<br>123 s | 66 lb<br>154 s | 60 lb<br>127 s | 94 lb<br>125 s | 50 lb<br>154 s |    |    |
| 01. Apr 26<br>09:58 |    | 56 lb<br>153 s | 40 lb<br>122 s | 56 lb<br>122 s |      | 50 lb<br>155 s |      | 60 lb<br>162 s | 46 lb<br>130 s | 44 lb<br>128 s | 66 lb<br>151 s | 60 lb<br>161 s | 94 lb<br>125 s | 50 lb<br>126 s |    |    |
| 08. Apr 26<br>09:55 |    | 56 lb<br>126 s | 40 lb<br>122 s | 56 lb<br>122 s |      | 50 lb<br>122 s |      | 62 lb<br>122 s | 46 lb<br>121 s | 44 lb<br>123 s | 68 lb<br>122 s | 60 lb<br>131 s | 94 lb<br>127 s | 50 lb<br>125 s |    |    |
| 11. Apr 26<br>10:12 |    | 46 lb<br>154 s | 38 lb<br>151 s | 52 lb<br>152 s |      | 46 lb<br>154 s |      | 50 lb<br>168 s | 32 lb<br>124 s | 36 lb<br>151 s | 64 lb<br>152 s | 56 lb<br>154 s | 80 lb<br>127 s | 44 lb<br>152 s |    |    |
| 15. Apr 26<br>09:54 |    | 46 lb<br>153 s | 38 lb<br>151 s | 52 lb<br>161 s |      | 46 lb<br>151 s |      | 50 lb<br>151 s | 32 lb<br>151 s | 36 lb<br>155 s | 64 lb<br>154 s | 56 lb<br>154 s | 80 lb<br>152 s | 44 lb<br>156 s |    |    |
| 26. May 26<br>08:48 |    |                | 38 lb<br>124 s |                |      |                |      | 50 lb<br>167 s | 32 lb<br>169 s |                |                | 56 lb<br>134 s | 80 lb<br>122 s | 44 lb<br>124 s |    |    |
| 30. May 26<br>09:50 |    | 46 lb<br>155 s | 38 lb<br>152 s | 52 lb<br>134 s |      | 46 lb<br>150 s |      | 50 lb<br>151 s | 32 lb<br>151 s | 36 lb<br>159 s | 66 lb<br>151 s | 56 lb<br>171 s | 80 lb<br>156 s | 44 lb<br>156 s |    |    |
| 03. Jun 26<br>09:16 |    | 48 lb<br>123 s | 40 lb<br>123 s | 54 lb<br>156 s |      | 46 lb<br>155 s |      | 52 lb<br>125 s | 34 lb<br>127 s | 36 lb<br>120 s | 66 lb<br>92 s  | 56 lb<br>152 s | 80 lb<br>152 s | 46 lb<br>129 s |    |    |
| 12. Jun 26<br>09:48 |    | 50 lb<br>155 s | 40 lb<br>154 s | 54 lb<br>151 s |      | 48 lb<br>151 s |      | 52 lb<br>166 s | 34 lb<br>158 s | 36 lb<br>154 s | 66 lb<br>123 s | 56 lb<br>151 s | 82 lb<br>151 s | 46 lb<br>151 s |    |    |
| 17. Jun 26<br>09:14 |    | 50 lb<br>161 s | 40 lb<br>152 s | 56 lb<br>152 s |      | 48 lb<br>152 s |      | 52 lb<br>196 s | 34 lb<br>153 s | 36 lb<br>154 s | 66 lb<br>154 s | 58 lb<br>152 s | 82 lb<br>154 s | 46 lb<br>152 s |    |    |
| 22. Jul 26<br>09:35 |    | 50 lb<br>155 s | 40 lb<br>153 s | 56 lb<br>121 s |      | 50 lb<br>122 s |      | 54 lb<br>120 s | 34 lb<br>123 s | 38 lb<br>150 s | 66 lb<br>124 s | 58 lb<br>126 s | 84 lb<br>155 s | 46 lb<br>151 s |    |    |
| 25. Jul 26<br>09:50 |    | 50 lb<br>156 s | 42 lb<br>120 s | 56 lb<br>121 s |      | 50 lb<br>120 s |      | 54 lb<br>159 s | 34 lb<br>122 s | 40 lb<br>122 s | 66 lb<br>122 s | 60 lb<br>152 s | 86 lb<br>160 s | 48 lb<br>153 s |    |    |
| 28. Jul 26<br>10:27 |    | 50 lb<br>153 s | 42 lb<br>126 s | 56 lb<br>155 s |      | 50 lb<br>120 s |      | 54 lb<br>153 s | 34 lb<br>123 s | 40 lb<br>123 s | 66 lb<br>121 s | 60 lb<br>210 s | 88 lb<br>171 s |                |    |    |
| 31. Jul 26<br>09:39 |    | 52 lb<br>153 s | 42 lb<br>122 s | 56 lb<br>145 s |      | 50 lb<br>122 s |      | 56 lb<br>152 s | 34 lb<br>156 s | 40 lb<br>122 s | 66 lb<br>124 s | 62 lb<br>152 s | 90 lb<br>155 s |                |    |    |
| 03. Aug 26<br>09:20 |    | 52 lb<br>155 s | 42 lb<br>125 s |                |      |                |      | 56 lb<br>151 s | 34 lb<br>123 s | 40 lb<br>123 s | 66 lb<br>122 s | 62 lb<br>121 s | 90 lb<br>128 s | 50 lb<br>124 s |    |    |
| 11. Aug 26<br>10:32 |    |                | 42 lb<br>121 s | 56 lb<br>123 s |      | 50 lb<br>125 s |      | 56 lb<br>120 s |                | 40 lb<br>122 s | 66 lb<br>120 s | 62 lb<br>138 s | 90 lb<br>125 s | 50 lb<br>122 s |    |    |
| 14. Aug 26<br>09:28 |    | 52 lb<br>129 s | 42 lb<br>123 s | 56 lb<br>151 s |      | 50 lb<br>121 s |      | 56 lb<br>152 s | 34 lb<br>151 s | 40 lb<br>122 s | 66 lb<br>123 s | 62 lb<br>155 s | 90 lb<br>154 s | 50 lb<br>153 s |    |    |



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|                     | A5 | F3.1           | F2.1           | E4/L           | E4/R | E5/L           | E5/R | A4             | A3             | B1             | B7             | C1             | C7             | H7             | J1 | LE |
|---------------------|----|----------------|----------------|----------------|------|----------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----|----|
| 21. Aug 26<br>10:02 |    | 52 lb<br>127 s | 42 lb<br>120 s | 56 lb<br>151 s |      | 50 lb<br>124 s |      | 56 lb<br>151 s | 34 lb<br>153 s | 40 lb<br>121 s | 66 lb<br>124 s | 64 lb<br>142 s | 90 lb<br>151 s | 30 lb<br>153 s |    |    |
| 25. Aug 26<br>09:55 |    | 52 lb<br>151 s | 42 lb<br>49 s  | 56 lb<br>1 s   |      | 50 lb<br>48 s  |      | 56 lb<br>103 s | 34 lb<br>5 s   | 40 lb<br>41 s  | 66 lb<br>13 s  | 64 lb<br>7 s   |                | 30 lb<br>23 s  |    |    |
| 28. Aug 26<br>09:48 |    | 52 lb<br>151 s | 42 lb<br>154 s | 56 lb<br>152 s |      | 50 lb<br>151 s |      | 56 lb<br>157 s | 34 lb<br>154 s |                | 66 lb<br>123 s | 64 lb<br>121 s | 90 lb<br>124 s |                |    |    |
| 01. Sep 26<br>10:08 |    | 52 lb<br>153 s | 42 lb<br>123 s | 56 lb<br>126 s |      | 50 lb<br>128 s |      | 56 lb<br>151 s | 34 lb<br>127 s | 40 lb<br>123 s | 66 lb<br>123 s | 64 lb<br>152 s | 90 lb<br>150 s |                |    |    |
| 03. Sep 26<br>09:46 |    |                | 42 lb<br>122 s | 56 lb<br>152 s |      | 50 lb<br>154 s |      | 56 lb<br>122 s | 34 lb<br>152 s | 40 lb<br>122 s | 66 lb<br>121 s |                | 90 lb<br>165 s | 36 lb<br>153 s |    |    |
| 07. Sep 26<br>11:13 |    |                | 42 lb<br>124 s | 56 lb<br>135 s |      | 50 lb<br>131 s |      | 56 lb<br>152 s | 34 lb<br>152 s |                |                | 64 lb<br>137 s | 90 lb<br>157 s |                |    |    |
| 11. Sep 26<br>09:47 |    | 52 lb<br>128 s | 42 lb<br>122 s | 56 lb<br>122 s |      | 50 lb<br>126 s |      | 56 lb<br>154 s | 34 lb<br>151 s | 40 lb<br>103 s | 66 lb<br>122 s | 64 lb<br>153 s | 90 lb<br>152 s | 36 lb<br>152 s |    |    |
| 17. Sep 26<br>10:59 |    | 52 lb<br>136 s | 42 lb<br>121 s | 56 lb<br>130 s |      | 50 lb<br>127 s |      | 56 lb<br>121 s | 34 lb<br>121 s |                |                | 64 lb<br>142 s | 92 lb<br>154 s |                |    |    |



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# Übungen

|                                    | Einstellungen                                                                                                                                  | Notizen                                                                                            |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| A5<br>Kontraktion des Beckenbodens | Fuss: 5<br>Abstand: 5<br>Höhe: 9<br>Programm: 1                                                                                                |                                                                                                    |
| F3.1<br>Rückenstreckung            | Beine: J 6<br>Fuss: 2<br>Kurbel: fest<br>Start: 9                                                                                              |                                                                                                    |
| F2.1<br>Rumpfbeugen                | Fuss: 7<br>Loch: 6                                                                                                                             |                                                                                                    |
| E4<br>Schulterdrehen nach innen    | Sitz: oben 8 unten 8 Ellenbogen F Zahnrad E4 / 11 Kurbel 120<br>–<br>Links/Rechts werden separat trainiert (beginnende Seite: Links)           | Einstellungen: Sitz 7 Lehne 6 oben Ellenbogen F Zahnrad: E4 - 11 Kurbel 120 Kordel am Handy kürzen |
| E5<br>Schulterdrehen nach aussen   | Sitz: 8<br>Lehne: 8<br>Arme: oben 8 unten 8 F Zahnrad E5/13 Kurbel 120<br>–<br>Links/Rechts werden separat trainiert (beginnende Seite: Links) | Neues Gewicht lb 36 E5 Einstellungen: Sitz 6 Lehne 6 oben Ellenbogen F Zahnrad E5 13 Kurbel 120    |
| A4<br>Anziehung im Hüftgelenk      | Lehne: 2                                                                                                                                       | Neues Gewicht 60                                                                                   |
| A3<br>Spreizung im Hüftgelenk      | Lehne: 2<br>Beine: 1<br>Loch: 4                                                                                                                |                                                                                                    |
| B1<br>Streckung im Kniegelenk      | Lehne: 7<br>Bewegung: 17 / 30<br>Beine: 2                                                                                                      | BEW bis schwarzer Griff auf 30 = BEW 18 Versuche am Anfang Griff auf 24                            |
| B7<br>Beugung im Kniegelenk        | Lehne: 8<br>Beine: 0<br>Bewegung: 17                                                                                                           |                                                                                                    |
| C1<br>Überzug                      | Lehne: hinten<br>Sitz: 9<br>Arme: 2<br>Bewegung: 2 bis 20                                                                                      |                                                                                                    |
| C7<br>Ruderzug                     | Polster: 8<br>Bewegung: 7 bis 17                                                                                                               |                                                                                                    |
| H7<br>Fingerbeugung                | Sitz: 7                                                                                                                                        | Neues Gewicht 42                                                                                   |
| J1<br>Fersenheben                  | Turm: -16                                                                                                                                      |                                                                                                    |



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## Einstellungen

## Notizen

LE  
Computergestützte  
Rückenmaschine



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