Ablaufplan

TTV Mixed-Cup

Jena, 01.11.2026

THÜRINGER TURNVERBAND

Start	Ende	Dauer	Riege 1 LK 2	Riege 2 LK 2	Riege 3 LK 3	Riege 4 LK 3	Riege 5 LK 3
09:30	10:15	00:45	Allgemeine Erwärmung und Einturnen				
10:15	10:20	00:05	Einmarsch der Aktiven und Eröffnung				
10:20	10:23	00:03	1. Rotation: One-Touch				
10:23	10:38	00:15	Boden (m)	Sprung (w)	Pferd (m)	Stuba (w)	Ringe (m)
10:38	10:41	00:03	2. Rotation: One-Touch				
10:41	10:56	00:15	Sprung (w)	Pferd (m)	Stuba (w)	Ringe (m)	Boden (m)
10:56	10:59	00:03	3. Rotation: One-Touch				
10:59	11:14	00:15	Pferd (m)	Stuba (w)	Ringe (m)	Boden (m)	Sprung (w)
11:14	11:17	00:03	4. Rotation: One-Touch				
11:17	11:32	00:15	Stuba (w)	Ringe (m)	Boden (m)	Sprung (w)	Pferd (m)
11:32	11:35	00:03	5. Rotation: One-Touch				
11:35	11:50	00:15	Ringe (m)	Boden (m)	Sprung (w)	Pferd (m)	Stuba (w)
11:50	11:53	00:03	6. Rotation: One-Touch				
11:53	12:08	00:15	Sprung (m)	Balken (w)	Barren (m)	Boden (w)	Reck (m)
12:08	12:11	00:03	7. Rotation: One-Touch				
12:11	12:26	00:15	Balken (w)	Barren (m)	Boden (w)	Reck (m)	Sprung (m)
12:26	12:29	00:03	8. Rotation: One-Touch				
12:29	12:44	00:15	Barren (m)	Boden (w)	Reck (m)	Sprung (m)	Balken (w)
12:44	12:47	00:03	9. Rotation: One-Touch				
12:47	13:02	00:15	Boden (w)	Reck (m)	Sprung (m)	Balken (w)	Barren (m)
13:02	13:05	00:03	10. Rotation: One-Touch				
13:05	13:20	00:15	Reck (m)	Sprung (m)	Balken (w)	Barren (m)	Boden (w)
13:20	13:25	00:05	Vorbereitung Siegerehrung				
13:25	13:40	00:15	Siegerehrung				