

Kursplan



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00	06:30 2 Pack* 28min	06:30 Paceface*** 52min	06:30 High Roads** 53min	06:30 Quick Ride** 28min	06:30 Sky's The Limit** 30min	06:30 Speed Blocks*** 56min	06:30 Speed Limits*** 56min
07:00	07:00 Across The Borderline* 84min	07:30 Quick Limits*** 26min	07:30 Hillsides** 56min	07:00 Rough Ride** 52min	07:01 Stronger Faster Braver 86min	07:30 Stroking Limits*** 85min	07:30 All In* 27min
08:00	08:30 All In* 27min	08:00 Quick Pressure** 26min	08:30 In The Red*** 86min	08:00 Short Dance** 30min	08:30 Roll With Me Quick*** 25min	09:00 Born Strong* 27min	08:00 Crash & Burn II*** 52min
09:00	09:00 All In One** 27min	08:30 Roll With Me Long*** 85min	09:02 Work It Out*** 85min	08:30 Tritop* 31min	09:00 2 Pack* 28min	09:30 Climb To The Max* 49min	09:00 High Roads** 53min
10:00	09:30 Roll With Me*** 55min	10:00 Riding The Waves*** 53min	10:00 JoyRider** 85min	09:02 Work It Out*** 85min	09:30 Build The Pressure** 57min	10:30 Fullhand** 58min	10:00 Mixed Ride** 56min
11:00	10:30 Roll With Me Quick*** 25min	11:00 Rise Strong** 56min	11:30 Jump & Run** 27min	10:30 Across The Borderline* 84min	10:30 Don't Stop** 54min	11:30 In The Red*** 86min	11:00 Overjoy** 56min
12:00	11:00 Born Strong* 27min	12:00 Rough & Ready** 86min	12:00 Keep The Pressure*** 85min	12:00 Roll With Me Long*** 85min	11:30 Four Blocks*** 86min	13:00 Jump & Run** 27min	12:00 Quick Limits*** 26min
13:00	11:30 Build Fire** 55min	13:30 Rough Cut** 28min	13:30 Let's Do It* 28min	13:30 Build Fire** 55min	13:00 FunCruiser** 27min	13:30 Keep The Pressure*** 85min	12:30 Rough Ride** 52min
14:00	12:30 Build The Pressure** 57min	14:00 Runtime*** 55min	14:00 Long Way Home*** 85min	14:30 Catch Me** 27min	14:00 Master Ride** 86min	15:00 More Than Cycling** 57min	13:30 Short Dance** 30min
15:00	13:30 Burning Up** 53min	15:00 Sevenup** 83min	15:30 Master Ride** 86min	15:00 QuickMix** 27min	15:30 On Blast** 86min	16:00 Open Roads** 51min	14:00 Speed Limits*** 56min
16:00	14:30 Catch Me** 27min	16:30 Short Way Home* 27min	16:56 All In One** 27min	16:00 Speed Blocks*** 56min	17:00 Work It Out*** 85min	17:00 Pants On Fire** 28min	15:00 Two Blocks*** 26min
17:00	15:00 Climb To The Max* 49min	17:00 Roll With Me Long*** 85min	17:30 JoyRider** 85min	17:00 Work It Out*** 85min	18:30 Stronger Faster Braver 86min	17:30 Rough Cut** 28min	15:30 Work** 28min
18:00	16:00 Crash & Burn II*** 52min	18:30 Sevenup** 83min	19:00 Across The Borderline* 84min	18:30 Master Ride** 86min	18:32 Way Home** 58min	18:00 Tritop* 31min	16:00 2 Pack* 28min
19:00	17:00 Across The Borderline* 84min	20:00 Work It*** 55min	20:30 Open Roads** 51min	20:00 Long Way Home*** 85min	19:31 Work It*** 55min	18:30 Raise It Up** 87min	16:30 All In* 27min
20:00	18:30 Stay Strong** 86min	21:00 Burning Up** 53min	21:30 Overjoy** 56min	21:30 Raise It Up** 87min	22:00 High Roads** 53min	21:30 Work It Out*** 85min	17:00 Feel The Difference** 52min
21:00	20:00 On Blast** 86min	22:00 Feel The Difference** 52min	22:30 Pants On Fire** 28min	22:30 Sky's The Limit** 30min			18:00 Quick Ride** 28min
22:00	21:30 Fullhand** 58min						18:30 Raise It Up** 87min
	22:30 FunCruiser** 27min						20:00 Rough & Ready** 86min

Level *: Anfänger/fortgeschrittene Anfänger

Level **: Fortgeschrittene

Level ***: hoher Anspruch auch für Fortgeschrittene