

FS Einsteiger Programm ab2022 (Einsteiger A Klasse)

Die A-Klasse ist der nächste Schritt nach dem Erlernen der Grundlagen des 4-Way- Wettbewerbs in der Rookie-Klasse.

Regeln:

- Es werden 3 - 4 Punkte pro Runde gelöst.
- Die Arbeitszeit beträgt 35 Sekunden - es gibt keine 5 Sekunden Regel mehr.

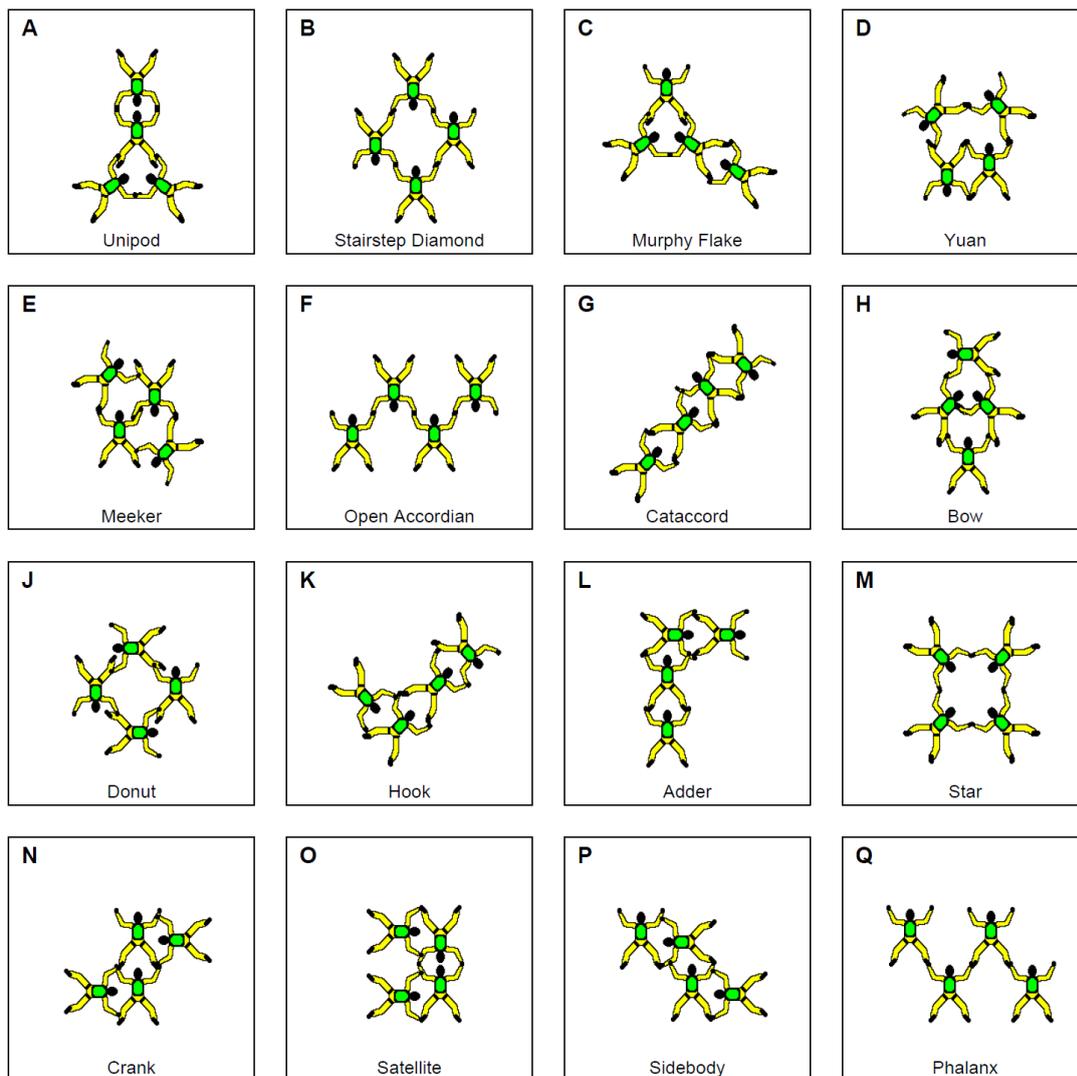
Dive- Pool 2022

Einsteiger / A Kategorie FS 4-Way

Randoms: alle Randoms A-Q der Offenen Klasse

Blöcke: 2,4,6,7,8,9,19,21 der offenen Klasse

Randoms

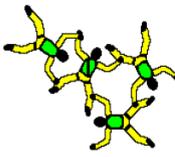
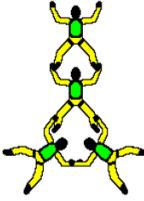
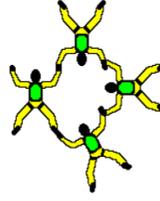
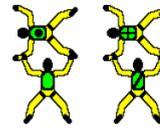
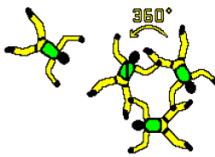
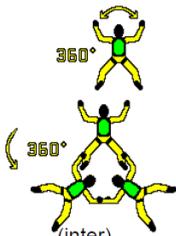
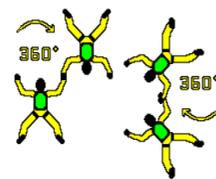
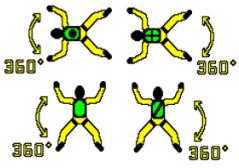
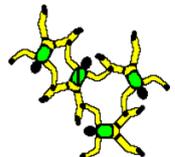
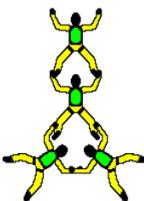
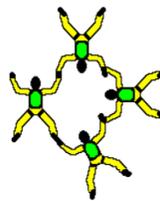
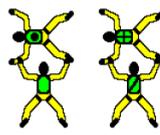
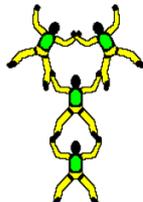
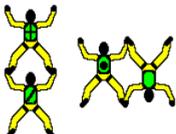
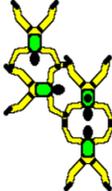
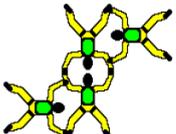
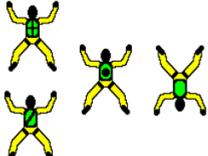
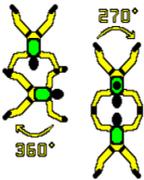
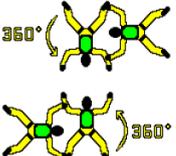
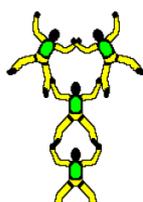
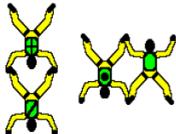
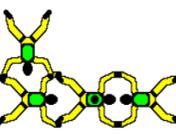
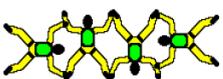


Herausgeber

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Thomas Spielvogel , Aktivensprecher, Bundestrainer Formationsspringen Indoor ,A Kader Mitglied

Blöcke

<p>2</p>  <p>Sidebody Donut</p>	<p>4</p>  <p>Monopod</p>	<p>6</p>  <p>Stardian</p>	<p>7</p>  <p>Sidebuddies</p>
<p>2</p>  <p>(inter)</p>	<p>4</p>  <p>(inter)</p>	<p>6</p>  <p>(inter)</p>	<p>7</p>  <p>(inter)</p>
<p>2</p>  <p>Side Flake Donut</p>	<p>4</p>  <p>Monopod</p>	<p>6</p>  <p>Stardian</p>	<p>7</p>  <p>Sidebuddies</p>
<p>8</p>  <p>Canadian Tee</p>	<p>9</p>  <p>Cat+Accordian</p>	<p>19</p>  <p>Ritz</p>	<p>21</p>  <p>Zig Zag</p>
<p>8</p>  <p>(inter)</p>	<p>9</p>  <p>(inter)</p>	<p>19</p>  <p>(inter)</p>	<p>21</p>  <p>(inter)</p>
<p>8</p>  <p>Canadian Tee</p>	<p>9</p>  <p>Cat+Accordian</p>	<p>19</p>  <p>Icepick</p>	<p>21</p>  <p>Marquis</p>