



8 Stunden Spinning® Marathon 2.11.2013

09:50	Begrüßung		
10:00	Welcome Class	SI Angelika Wiemer	Road to freedom
11:00	Interval	MI Andreas Büttgenbach	Surprise
12:00	Strength	SI Thomas Köster	with your Strength to the Orbit!
13:00	Race Day	SI Karsten Krause	be strong
14:00	High End Endurance	SI Anne Beiersdorf	Million miles from home
15:00:	Interval	SI Malex Manuel Steinbach	8 Chances to win
16:00	Strength	SI Rainer Ruediger	The storm
17:00	Interval	SI Jürgen Fürtig	Rolling Beats