Programm TL Spanien, Sevilla/Huelva

FOCUS: routines with stable technique = Quality first

raining	splan	Kraft			ST	Kraft		MT	ST	Kraft		MT	ST	Kraft	RLT		ST	Kraft		MT	ST	Kraft			ST	Kraft	RLT		S
Voche			Mor	•				nstag				woch			Donne	•			Frei	•				stag			Son	-	
			22/0	2/16			23/0)2/16			24/0	2/16			25/02	2/16			26/02	2/16			27/0	2/16			28/0		
lorgen	Dauer																										00:30		00:
	Inhalt																					Basel-	Sevilla			Sprint Sevilla	Session	1, Qua	ali (1
																										Sevilla			
Mittag	Dauer																												
	Inhalt			•	•				•				•		•								an: 13						
																						Abfahr	t ca. 14	1:30 Uł	nr				
Nami	Dauer																						00:45				00:30		00
	Inhalt																						ler OL			Sprint :	Session	2, Fina	al (1
																						Forest				Sevilla			
																						Puebla	a Sud						
Abend	Dauer																												
	Inhalt																					Teamr	neeting						
	mpototal					00:00									00:00	-		00:00			00:00	00:00			00:00	_	01:00		•
agestota	al	00:00	Au	sdauer	00:00	00:00	Au	sdauer	00:00	00:00	Au	sdauer	00:00	00:00	Aus	dauer	00:00	00:00		dauer		00:45			r 00:45			sdauer	
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Fraining	snlan	Kraft	RIT	МТ	ST	Kraft	RIT	I мт	l st	Kraft	RIT	МТ	ST.	Kraft	PI T	мт	ST	Tempo			21%	Tempo	ototal			00:28	Woche	ntotal	02:
_	splan	Kraft			ST	Kraft		MT	ST	Kraft			ST	Kraft		MT	ST	Tempo	RLT	MT			ototal	MT	spo (ST)		Woche RLT	ntotal	02:
_	splan	Kraft	Mor	ntag	ST	Kraft	Dier	nstag	ST	Kraft	Mitty	woch	ST	Kraft	Donne	rstag	ST	Tempo	RLT Frei	MT tag	21%	Tempo	RLT Sam	MT		00:28	Woche RLT Son	MT ntag	
Woche			Mor 29/0	ntag 02/16			Dier 01/0	nstag 03/16	ST	Kraft	Mitt\ 02/0	woch 03/16			Donne 03/03	rstag 3/16		Tempo Kraft	RLT Frei 04/03	MT tag	21%	Tempo	RLT Sam 05/0	MT istag	ST	00:28	Woche RLT	MT ntag	02:
Woche	Dauer		Mor 29/0 00:30	ntag 02/16 00:15	ST 00:10		Dier 01/0 00:45	nstag 03/16			Mitty 02/0 00:30	woch 03/16	ST 00:30		Donne 03/03 00:30	rstag 3/16	00:25	Tempo Kraft	RLT Frei 04/03	MT tag	21% ST	Tempo Kraft	RLT Sam 05/0	MT istag i3/16		00:28	Woche RLT Son	MT ntag	02:
Training: Woche Morgen		Sprint 1	Mor 29/0	ntag 02/16 00:15 up	00:10	SiMu-	Dier 01/0	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30		Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Tempo Kraft	RLT Frei 04/03 00:30 OL (re	MT tag	21% ST	Tempo Kraft	RLT Sam 05/0	MT istag i3/16	ST	00:28	Woche RLT Son	MT ntag	02:
Noche	Dauer	Sprint technik	Mor 29/0 00:30 Warm- ktraining an-Rela	ntag 02/16 00:15 up g (15'),	00:10 Sprint	SiMu-	Dier 01/0 00:45 Training	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30	One M	Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Kraft Normal Cartaya OR	RLT Frei 04/03 00:30 OL (re	MT tag 3/16 d. Karte	21% ST	Tempo Kraft	RLT Sam 05/0	MT istag i3/16	ST	00:28	Woche RLT Son	MT ntag	02:
Noche	Dauer	Sprint technik	Mor 29/0 00:30 Warm-t ktraining an-Rela	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu-	Dier 01/0 00:45 Training	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30	One Ma	Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Normal Cartaya OR Sprint F	RLT Frei 04/0: 00:30 OL (rea	MT tag 3/16 d. Karte	21% ST	Tempo Kraft	RLT Sam 05/0	MT istag i3/16	ST	00:28	Woche RLT Son	MT ntag	02:
Woche Morgen	Dauer Inhalt	Sprint technik	Mor 29/0 00:30 Warm- ktraining an-Rela	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu-	Dier 01/0 00:45 Training	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30	One Ma	Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Kraft Normal Cartaya OR	RLT Frei 04/0: 00:30 OL (rea	MT tag 3/16 d. Karte	21% ST	Tempo Kraft	RLT Sam 05/0	MT istag i3/16	ST	00:28	Woche RLT Son	MT ntag	02:
Voche Morgen	Dauer Inhalt Dauer	Sprint technik	Mor 29/0 00:30 Warm-t ktraining an-Rela	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu-	Dier 01/0 00:45 Training	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30	One Ma	Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Normal Cartaya OR Sprint F	RLT Frei 04/0: 00:30 OL (rea	MT tag 3/16 d. Karte	21% ST	Tempo Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT astag 13/16	ST	00:28	Woche RLT Son	MT ntag	02:
Voche Morgen	Dauer Inhalt	Sprint technik	Mor 29/0 00:30 Warm-t ktraining an-Rela	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu-	Dier 01/0 00:45 Training	nstag 03/16 g by Vro	oni	Middle	02/0 00:30	woch 03/16	00:30	One Ma	Donne 03/03 00:30 an Rela	rstag 3/16	00:25	Normal Cartaya OR Sprint F	Frei 04/0: 00:30 OL (real	MT tag 3/16 d. Karte	21% ST	Tempo Kraft Sprint	RLT Sam 05/0	MT astag 13/16	ST	00:28	Woche RLT Son	MT ntag	02:
Voche Morgen Mittag	Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- ktraining an-Rela OR Puebla	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu- Punta	Dier 01/0 00:45 Training Umbria	nstag 03/16 g by Vro a South	oni	Middle Pinare:	02/0 00:30	woch 03/16	00:30	One Market State of the Control of t	Donne 03/03 00:30 an Rela couth fast	rstag 3/16	00:25	Kraft Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a Punta U	MT tag 3/16 d. Karte	21% ST	Tempo Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT astag 13/16	ST	00:28	Woche RLT Son	MT ntag	02
Woche Morgen Mittag	Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- training an-Rela OR Puebla	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu- Punta	Dier 01/0 00:45 Training Umbria	nstag 03/16 by Vro a South	oni	Middle Pinare:	Mittv 02/0 00:30 s de Ca	woch 03/16	00:30	One Market State of the Control of t	Donne 03/03 00:30 an Rela couth fast	rstag 3/16 y, Play	00:25	Kraft Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a Punta U	MT tag 3/16 d. Karte	ST e) Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Woche Morgen Mittag	Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest	Mor 29/0 00:30 Warm-I training an-Rela OR Puebla 01:00 egs	ntag 02/16 00:15 up g (15'), ay (10')	00:10 Sprint ,San	SiMu-Punta	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio	Mitty 02/0 00:30 s de Ca	woch 03/16 artaya	00:30	One Market State of the Control of t	Donne 03/03 00:30 an Rela couth fast 01:00 chnique	rstag 8/16 y, Play	00:25 a del	Kraft Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a Punta U	MT tag 3/16 d. Karte	ST e) Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Woche Morgen Mittag	Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest,	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag 02/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale	Mitty 02/0 00:30 s de Ca	woch 03/16 artaya	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a properties of the	MT tag 3/16 d. Karto Imbria, 00:30 ing, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Woche Morgen Mittag	Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest,	Mor 29/0 00:30 Warm-I training an-Rela OR Puebla 01:00 egs	ntag 02/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne	Mitty 02/0 00:30 s de Ca	woch 03/16 artaya	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a Punta U	MT tag 3/16 d. Karto Imbria, 00:30 ing, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Voche Morgen Mittag	Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest,	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag 02/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mitty 02/0 00:30 s de Ca input e Kette e Kette n / Ents	woch 03/16 artaya Kraft / spannennique	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training	RLT Frei 04/03 00:30 OL (re a properties of the	MT tag 3/16 d. Karto Imbria, 00:30 ing, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02:
Morgen Mittag	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag p2/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mitty 02/0 00:30 s de Ca input e Kette n / Entse g Tech	woch 03/16 artaya Kraft / spanne	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90	RLT Frei 04/03:00:30 OL (re 3) OL (re 4) OL (re 4) OL (re 5) OL (re 6) OL (r	MT tag tag d. Karte d. Karte 00:30 ng, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02:
Morgen Mittag Nami	Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest,	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag p2/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mitty 02/0 00:30 s de Ca input e Kette n / Ents ng Tech 00:30 ght O n	woch 03/16 artaya Kraft / spanne nnique	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90	RLT Frei Fre	MT tag tag d. Karte d. Karte 00:30 ng, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02:
Morgen Mittag	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag p2/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mithy 02/00/00/00/00/00/00/00/00/00/00/00/00/0	Woch 03/16 Kraft / spannee mandat Umbria	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90 Ausloss Teams;	RLT Frei 04/03 OL (red 1) OU (red 2) OU (red 3) OU (red 4) OU (red	MT tag 3/16 d. Kartet 00:30 00:30 ing, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Voche Morgen Mittag Jami	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm ktraining an-Rela OR Puebla 01:00 egs Umbria	ntag p2/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala	Dier 01/0 00:45 Training Umbria 01:00 HöKu-	nstag 03/16 g by Vro a South	oni	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mithy 02/00/00/00/00/00/00/00/00/00/00/00/00/0	woch 03/16 artaya Kraft / spanne nnique	00:30	One Market State S	Donne 03/03 00:30 an Rela couth fast 01:00 chnique Umbria	rstag 3/16 y, Play	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90	RLT Frei 04/03 OL (red 1) OU (red 2) OU (red 3) OU (red 4) OU (red	MT tag 3/16 d. Kartet 00:30 00:30 ing, Pla	ST ST Easy	Kraft Sprint	RLT Sam 05/0 00:30 Relay (MT estag (3/16	ST 00:15	00:28	Woche RLT Son	MT ntag	02
Morgen Mittag	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- training Training Off:00 01:00 01:00 01:00 01:00 01:00 01:00	ntag 102/16 00:15 up g (15'), a Norte	O0:10 Sprint ,San	SiMu-Punta Green Matala *HE 75	Dier 01/C 00:45 Training Umbrie	San	l l l l l l l l l l l l l l l l l l l	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mithty 02/00/00/00/00/00/00/00/00/00/00/00/00/0	Woch 03/16 Kraft / spanne mandat Umbria Forest	00:30	One M. Portis S 3-4x7' i	Donne 03/03 00:30 an Rela outh fast 01:00 chnique Umbria '', HDE (rstag 3/16 Jy, Play Centra	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90	RLT Frei O4/03: 00:30 OL (results) OU (resul	MT 3/16 and 5/16 and	ST Easy Viya de	Tempor Kraft	RLT Sam 05/0 00:30 Relay (MT isstag (3/16 115') Bassel	00:15	00:28 Kraft	Woche RLT Son 06/0	mtotal MT mtag	02
Morgen Mittag Jami Abend	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- training DR Puebla 01:00 egg Warm- training 01:00 10 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10 10:00 10:00 1	ntag 102/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala *HE 78	Dier 01/C 00:45 Training Umbria	Compara Comp		Middle Pinare 00:45 Physio drosale Dehne Runnir Force Ni Playa	Mithto 2/00 00:30 s de Carallia de Kette n / Entre n / E	woch 03/16 Kraft / spanneau mandat mandat Forest 00:00	00:30 II In and Sprint) 00:30	One M. Portil S 3-4x7' i	Donne 03/03 00:30 an Rela louth fast 01:00 chnique Umbria a 10:130 01:30 01:30	rstag 3/16 y, Play Centra 660', DE	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90 Auslost Teams, Sprint-F	RLT Frei O4/03 00:30 OL (re Punta U O3 O0:45 ith fork olorth FRelay Ir O1:15	MT Jay	ST Easy Eya de 17.75' 00:00	Tempor Kraft	RLT Sam 05/00 00:30 Pelavis Ankunff	MT stag (3/16 15') llug Basel	ST 00:15	00:28 Kraft	RLT Soni 06/0	MT ntag 3/16	02
Morgen Mittag Jami Abend	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- training DR Puebla 01:00 egg Warm- training 01:00 10 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10 10:00 10:00 1	ntag 102/16 00:15 up g (15'), ay (10') a Norte	O0:10 Sprint ,San	Green Matala *HE 75	Dier 01/C 00:45 Training Umbria	Compara Comp	l l l l l l l l l l l l l l l l l l l	Middle Pinare: 00:45 Physio drosale Dehne Runnir Force	Mithto 2/00 00:30 s de Carallia de Kette n / Entre n / E	woch 03/16 Kraft / spanneau mandat mandat Forest 00:00	00:30 II In and Sprint) 00:30	One M. Portis S 3-4x7' i	Donne 03/03 00:30 an Rela louth fast 01:00 chnique Umbria a 10:130 01:30 01:30	rstag 3/16 Jy, Play Centra	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90 Ausloss Teams; Sprint-F 00:00 01:45	RLT Frei O4/03 00:30 OL (re al	MT 3/16 and 5/16 and	21% ST Leasy State	Tempor Kraft Sprint 14:15 16:50 00:00 00:45	RLT Sam O5/00 O0:30 Au	MT state of the st	00:15 00:15	00:28 Kraft 00:00 00:00 00:00	RLT Sonn 06/0	MT ntag 3/16	02
Morgen Mittag	Dauer Inhalt Dauer Inhalt Dauer Inhalt Dauer Inhalt	Sprint technik Onema Lucar (Forest.	Mor 29/0 00:30 Warm- training DR Puebla 01:00 egg Warm- training 01:00 10 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10:00 10 10:00 10:00 1	ntag 102/16 00:15 up g (15'), ay (10') a Norte	00:10 Sprint ,San	SiMu-Punta Green Matala *HE 78	Dier 01/C 00:45 Training Umbria	Compara Comp		Middle Pinare 00:45 Physio drosale Dehne Runnir Force Ni Playa	Mithto 2/C 00:30 s de Ca input la Kette n / Entre n / En	woch 03/16 Kraft / spanneau mandat mandat Forest 00:00	00:30 II In and Sprint) 00:30	One M. Portil S 3-4x7' i	Donne 03/03 00:30 an Rela louth fast 01:00 chnique Umbria a 10:130 01:30 01:30	rstag 3/16 y, Play Centra 660', DE	00:25 a del	Normal Cartaya OR Sprint F Training Long w Portil N *HE 90 Auslost Teams, Sprint-F	RLT Frei O4/03 00:30 OL (red of the forking of the	MT 3/16 d. Kartut d. Kartu	ST Easy Eya de 17.75' 00:00	Tempor Kraft	RLT Sam O5/00 O0:30 Relay (MT state of the st	00:15 00:15	00:28 Kraft 00:00 00:00 00:045	RLT Soni 06/0	MT ntag 3/16 00:00 oo:00 sdauer al	02