



12

Schwebebalken # 12

D-Note

+ 0,2

no

no

A B D E B D D D B A D X B C

SW	A	G	Σ	KA		VW		DMT		D-Note
E 0.5		1	0,5	1. Gymn. Serie	0,5	D + B	0,2			5,20 P.
D 0.4	4	1	2,0	2. Drehung (Gr. 3) o. Rollen/Scheren	0,5					
C 0.3	1		0,3	3. Akro Serie	0,5					
B 0.2		1	0,2	4. Akro vw/sw und rw	0,5					
A 0.1										
Σ SW			3,0	Σ KA	2,0	Σ VW	0,2	Σ DMT	0,0	



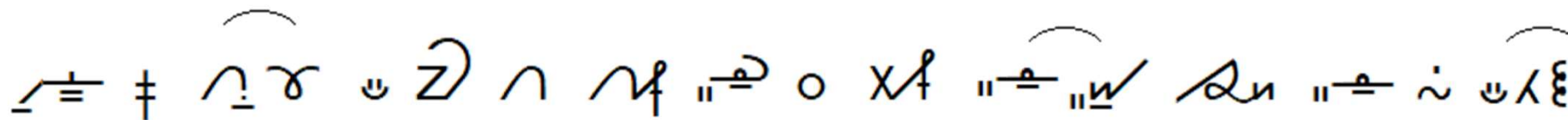
	b.p.	elong.	kick	feet	rel	invol	rhyt	disc.	MT	~	≠	☺
		×		×	×	×	×	×		×	×	×

ART

0.90 p.

Schwebebalken # 12

E-Note



<u>P</u>		<u>A</u>		<u>P</u>								<u>A</u>	
1	1	5	1	1	3	1	1	1	1	1	3		1
		1		5		1				1	1		1
										1			1
10													

AUS	kW
4,70 P.	0,90 P.

E-Abz	E-Note
5,60 P.	4,40 P.

Anmerkung:
A = Adjustment – 0.1
P = Pause – 0.1

