

15. Bremer 24h SPINNING® Marathon OASE

27.April – 28.April 2019

...because *Spinning*® is for friends...!

11:40	Opening	<i>Welcome to OASE</i>	Helmuth Gaber, Matthias Balitzki
12:00	Welcome		Pedro Martins LUX
13:00	Interval		Katharina Böttger Hannover
14:00	Interval		Alessandro Canosa ITA
15:00	Strength		Jarek Witek PL
16:00	Interval		Anne Beiersdorf Lübeck
17:00	Interval		Martin Timmermann München
18:00	Strength		Dirk Blazy Wolfsburg
19:00	Interval		Gaby van Beers NL
20:00	Interval		Stefan Amiri Bremen
21:00	Endurance		OASE SPINNING® Team
22:00	CrissCross		OASE SPINNING® Team
23:00	RaceDay		Thomas Alsing DK
00:00	Endurance		Raimund Schukies Aachen
01:00	Interval		Manuel Steinbach Magdeburg
02:00	Strength		Thomas Köster Hameln
03:00	Interval		Karsten Krause Lübeck
04:00	Strength		Jarek Witek PL
05:00	Interval		Jens Bose Hannover
06:00	CrissCross		Gudula Schmid Krefeld
07:00	Strength		Martin Timmermann München
08:00	Interval		Jo Fischer Bruun DK
09:00	Strength		Su Ordon Köln
10:00	Interval		Pedro Martins LUX
11:00	Finale	We Will Rock You!	OASE SPINNING® Team