# TECHNIK-STUFE 2

# Ruderjugend Sachsen-Anhalt

Prüfer: ----------

Prüfort: ----------

| | Name & Vorname | Jahrgang | Verein | Datum | bestanden | Theorieprüfung (20 Fragen) | Einsteigen & Ablegen | Innenhebel | Rhythmus | Frequenzwechsel 5-10 Schläage | Durchzug | Ausheben | Vorlage | Rücklage | Einspannung | Balancieren & Wasserfassen | Blätter wasserfrei führen | Anlegen & Aussteigen | Fehlerbilder & Bemerkungen |
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