

Stunden- und Pausenrhythmus

Zeiten	Grundschule	Sekundarstufe	Zeiten	
08:00 – 08:15	1.Stunde		08:00 – 08:15	
08:15 – 08:30			08:15 – 08:30	
08:30 – 08:45		1.Stunde	08:30 – 08:45	
08:45 – 09:00	2.Stunde		08:45 – 09:00	
09:00 – 09:15			09:00 – 09:15	
09:15 – 09:30	2.Stunde	09:15 – 09:30		
09:30 – 09 :45		1. große Pause	09:30 – 09 :45	
09:45 – 10:00		3.Stunde		09:45 – 10:00
10:00 – 10:15	1. große Pause		10:00 – 10:15	
10:15 – 10:30	3.Stunde	10:15 – 10:30		
10:30 – 10:45		4.Stunde		10:30 – 10:45
10:45 – 11:00				10:45 – 11:00
11:00 – 11:15	4.Stunde	11:00 – 11:15		
11:15 – 11:30		2. große Pause	11:15 – 11:30	
11:30 – 11:45		5.Stunde		11:30 – 11:45
11:45 – 12:00	2. große Pause		11:45 – 12:00	
12:00 – 12:15	5.Stunde	12:00 – 12:15		
12:15 – 12:30		6.Stunde		12:15 – 12:30
12:30 – 12:45				12:30 – 12:45
12:45 – 13:00	6.Stunde	12:45 – 13:00		
13:00 – 13:15		Mittagspause		13:00 – 13:15
13:15 – 13:30				13:15 – 13:30
13:30 – 13:45	Mittagspause	13:30 – 13:45		
13:45 – 14:00		7.Stunde		13:45 – 14:00
14:00 – 14:15				14:00 – 14:15
14:15 – 14:30				14:15 – 14:30
		7.Stunde		
14:30 – 14:45	8.Stunde		14:30 – 14:45	
14:45 – 15:00			14:45 – 15:00	
15:00 – 15:15	8.Stunde	15:00 – 15:15		
15:15 – 15:30		9.Stunde		15:15 – 15:30
15:30 – 15:45				15:30 – 15:45
15:45 – 16:00	9.Stunde	15:45 – 16:00		
16:00 – 16:15		10.Stunde		16:00 – 16:15
16:15 – 16:30				16:15 – 16:30
16:30 – 16:45	10.Stunde	16:30 – 16:45		
16:45 – 17:00			16:45 – 17:00	
17:00 – 17:15			17:00 – 17:15	