

Sendung vom 09.04.2026, 22:00 Uhr

mit Daniel Helfrich

22:00:00	<b>Nachrichten, Wetter, Verkehr</b>	03:00
22:03:00		
22:03:00	<b>Tank - Just like something from hell</b>	08:30
22:11:30	<b>This means war (England, 1983)</b>	
22:11:30	<b>Talk</b>	03:00
22:14:30		
22:14:30	<b>Skid Row - Riot Act</b>	02:38
22:17:08	<b>Slave to the grind (USA, 1991)</b>	
22:17:08	<b>Sevendust - This is the real you</b>	03:47
22:20:55	<b>One (USA, 2026)</b>	
22:20:55	<b>Talk</b>	03:00
22:23:55		
22:23:55	<b>Extreme - Warheads</b>	05:18
22:29:13	<b>Ill Sides to every story (USA, 1992)</b>	
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	Vor dem Element ist eine Fehlzeit von 00:47	
22:30:00	<b>Verkehr</b>	01:00
22:31:00		
22:31:00	<b>Metal-News mit Dr. Rock</b>	02:30
22:33:30		
22:33:30	<b>Motörhead - Bullet in your Brain</b>	03:11
22:36:41	<b>Bad Magic: Seriously Bad Magic (England, 2022)</b>	
22:36:41	<b>Nervosa - Impending Doom</b>	04:26
22:41:07	<b>Slave Machine (Brasilien, 2026)</b>	
22:41:07	<b>Talk</b>	03:00
22:44:07		

22:44:07 Rush - Tom Sawyer - live 05:03  
22:49:10 Live Exit Stage Left (Kanada, 1981)

22:49:10 Hardbone - Four to the Floor 04:25  
22:53:35 Single (Deutschland, 2026)

22:53:35 **Talk** 03:00  
22:56:35

22:56:35 Linkin Park - Heavy Is the Crown 02:47  
22:59:22 From Zero (USA, 2024)

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Vor dem Element ist eine Fehlzeit von 00:38  
23:00:00 **Nachrichten, Wetter, Verkehr** 03:00  
23:03:00

23:03:00 Savatage - Gutter Ballet 06:24  
23:09:24 Gutter Ballet (USA, 1989)

23:09:24 **Talk** 03:00  
23:12:24

23:12:24 Muse - We Are Fucking Fucked 03:34  
23:15:58 Will Of The People (England, 2022)

23:15:58 Avenged Sevenfold - Hail to the king 05:15  
23:21:13 Hail to the king (USA, 2013)

23:21:13 **Talk** 03:00  
23:24:13

23:24:13 Van Halen - Right Now 05:21  
23:29:34 For Unlawful Carnal Knowledge (USA, 1991)

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Vor dem Element ist eine Fehlzeit von 00:26  
23:30:00 **Verkehr** 01:00  
23:31:00

23:31:00	<b>Megadeth - Last Rites/Loved to Deth</b>	04:37
23:35:37	<b>Killing is my Business...And Business is Good! (USA, 1985)</b>	
23:35:37	<b>System of a Down - Toxicity</b>	03:39
23:39:16	<b>Toxicity (Armenien, 2001)</b>	
23:39:16	<b>Talk</b>	03:00
23:42:16		
23:42:16	<b>Sepultura - Beyond the Dream</b>	04:04
23:46:20	<b>The Cloud Of Unknowing (Brasilien, 2026)</b>	
23:46:20	<b>Amorphis - The Moon</b>	05:54
23:52:14	<b>Halo (Finnland, 2022)</b>	
23:52:14	<b>Talk</b>	02:30
23:54:44		
23:54:44	<b>Ozzy Osbourne - Ordinary Man (feat. Elton John)</b>	04:58
23:59:42	<b>Ordinary Man (England, 2020)</b>	