

Vorläufiger Zeitplan: Samstag, den 04.03.2023;

Änderungen vorbehalten

23.02.2023



M30/35	M40/45	M50/55	M60/65	M70/75	M80/85+	Zeit	W30/35	W40/45	W50/55	W60/65/70	W75/80/85+
				60 mHü, ZL		10:30	Kugel, F	Kugel, F	60 mHü, ZL Weit, F	Weit, F	Weit, F
			60 mHü, ZL			10:35		60 mHü, ZL			
		60 mHü, ZL				10:45	60 mHü, ZL				
60 mHü, ZL	60 mHü, ZL					10:55					
				60 m, ZL	60 m, ZL	11:05					
			60 m, ZL			11:15					
				Weit, F	Weit, F	11:20					
		60m, ZL (50)				11:25					
		60m, ZL (55)		Kugel, F		11:35					Kugel, F
	60 m, ZL					11:45					
60 m, ZL						11:55					
						12:05	60 m, ZL				
						12:10		60 m, ZL			
						12:20				60 m, ZL	60 m, ZL
	Kugel, F		Weit, F			12:30			60 m, Z		
						12:45	800 m, ZL	800 m, ZL			
						12:50			800 m, ZL	800 m, ZL	800 m, ZL
			800 m, ZL			12:55					
		Hoch, F				13:00					
				800 m, ZL	800 m, ZL	13:05					
		800 m, ZL				13:10					
800 m, ZL	800 m, ZL					13:20					
Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH-	Stab AH1,60	13:30	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60
						13:50	Weit, F	Weit, F			
						13:55			Kugel, F	Kugel, F	Kugel-W70
Hoch, F	Hoch, F	200 m, ZL				14:00					
			200 m, ZL			14:25					

M30/35	M40/45	M50/55	M60/65	M70/75	M80/85+	Zeit	W30/35	W40/45	W50/55	W60/65/70	W75/80/85+
				200 m, ZL		14:40					
		Weit, F				14:50					
					200 m, ZL	14:55					
	200 m, ZL					15:00					
			Kugel, F			15:05					
200 m, ZL			Hoch, F	Hoch, F	Hoch, F	15:10					
						15:20	200 m, ZL				
						15:25		200 m, ZL			
						15:35			200 m, ZL		
						15:40				200 m, ZL	200 m, ZL
Stab AH2,70 Weit, F	Stab AH2,70 Weit, F	4x200m, ZL Stab AH2,70	4x200m, ZL Stab AH2,70	4x200m, ZL Stab AH2,70		16.00	Stab AH2,70	Stab AH2,70	Stab AH2,70	Stab AH2,70	
4x200m, ZL	4x200m, ZL	Kugel, F				16:10					
4x200m MIX						16:15	4x200m MIX				
						16:25	4x200m, ZL	4x200m, ZL	4x200m, ZL	4x200m, ZL	4x200m, ZL
						16:30					
3000m, ZL	3000m, ZL					16:40					
		3000m, ZL				17:00					
				Drei, F		17:10	Drei, F Hoch, F	Drei, F Hoch, F	Drei, F Hoch, F	Drei, F Hoch, F	Hoch-75
400 m, ZL	400 m, ZL					17:20					
Kugel, F			400 m, ZL	400 m, ZL	400 m, ZL Kugel, F	17:30					
		400 m, ZL				17:45					
Drei, F	Drei, F	Drei, F	Drei, F			17:55					
						18:00	400 m, ZL	400 m, ZL	400 m, ZL	400 m, ZL	400m (W75)
					1500m ZL	18:15					
			3000m, ZL	3000m, ZL		18:25					
						18:45	3000m, ZL	3000m, ZL	3000m, ZL	3000m, ZL	3000m, ZL

Änderungen vorbehalten

Fettdruck: Verschiebungen ab 20 Minuten