

Zeitplan: Sonntag, den 04.02.2024;

Änderungen vorbehalten.

28.01.2024



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		60 mHü, ZL Weit, F	Weit, F	Kugel, 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		11:05					
					60 m, ZL	11:15		Kugel, F			
			60 m, ZL			11:20					
		60m, ZL (50)		Weit, F	Weit, F	11:25					
		60m, ZL (55)				11:35					
	60 m, ZL					11:45					
60 m, ZL						11:55					
						12:05	60 m, ZL				
				Kugel, F		12:10					
						12:15		60 m, ZL			
						12:20				60 m, ZL	60 m, ZL
						12:30			60 m, Z		
			Weit, F			12:45					
						12:55	800 m, ZL	800 m, ZL	800 m, ZL	800 m, ZL	800 m, ZL
Hoch, F	Hoch, F	Hoch, F	800 m, ZL			13:05					
				800 m, ZL	800 m, ZL	13:10					
		800 m, ZL				13:20					
800 m, ZL	800 m, ZL					13:25					
Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	13:30	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60	Stab AH1,60
	Kugel, F					13:35					
			200 m, ZL			14:00					
						14:10	Weit, F	Weit, F			
		200 m, ZL				14:15					
			Kugel, F			14:25					
				200 m, ZL		14:35					

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+
			Hoch, F			14:40					
					200 m, ZL	14:45					
	200 m, ZL					14:50					
200 m, ZL						15:00					
						15:15	200 m, ZL				
		Weit, F				15:25			Kugel, F	Kugel, F	
						15:30		200 m, ZL			
						15:40			200 m, ZL		
						15:50				200 m, ZL	
		1500m, ZL				16:05					
Weit, F	Weit, F			Hoch, F	Hoch, F	16:10					
1500m, ZL	1500m, ZL					16:15					
			1500m, ZL			16:25					
				1500m, ZL	1500m ZL	16:35					
		Kugel, F				16:45					
Stab AH2,70	Stab AH2,70	4x200m, ZL Stab AH2,70	4x200m, ZL Stab AH2,70	4x200m, ZL Stab AH2,70		16:50	Stab AH2,70	Stab AH2,70	Stab AH2,70	Stab AH2,70	
						17:00	4x200m, ZL	4x200m, ZL	4x200m, ZL	4x200m, ZL	
	4x200m MIX					17:05	4x200m MIX				
				Drei, F		17:10	Drei, F	Drei, F	Drei, F	Drei, F	
			4x200m MIX			17:15				4x200m MIX	
4x200m, ZL	4x200m, ZL					17:20					
			400 m, ZL	400 m, ZL	400 m, ZL	17:30					
						17:40	Hoch, F	Hoch, F	Hoch, F	Hoch, F	
400 m, ZL	400 m, ZL					17:45					
Drei, F Kugel, F	Drei, F	Drei, F 400 m, ZL	Drei, F			17:55					
						18:05	400 m, ZL	400 m, ZL			
						18:15			400 m, ZL	400 m, ZL	
						18:30	1500m, ZL	1500m, ZL	1500m, (50)		
						18:40			1500m, (55)	1500m, ZL	1500m, ZL

Änderungen ab 20 Minuten sind gelb unterlegt.