

Zeitplan 15.06.2019 Solingen (aktualisiert)

Änderungen vorbehalten!

Zeit	W12	W13	M12	M13	W14	W15	M14	M15	wU18	mU18	wU20	mU20	F	M	Zeit	
09:00	Kampfrichter Besprechung														09:00	
10:00	Stabhochsprung (Anfangshöhe 1,60m)															10:00
10:10															10:10	
10:20															10:20	
10:30											400mHü				10:30	
10:30										Weit 1		Weit 1		Weit 1	10:30	
10:40					300mHü						Kugel				10:40	
11:00															11:00	
11:10															11:10	
11:20	75m						Kugel								11:20	
11:30		75m							Weit 1		Weit 1		Weit 1		11:30	
11:40			75m	75m											11:40	
11:50					100m										11:50	
12:00	Kugel					100m									12:00	
12:10							100m	100m							12:10	
12:20									100m						12:20	
12:30					Weit 1					100m					12:30	
12:40			Weit 2								100m				12:40	
12:50												100m			12:50	
13:00													100m		13:00	
13:10														100m	13:10	
13:20	4x75m														13:20	
13:30			4x75m												13:30	
13:40	Weit 1	Weit 2													13:40	
13:50			Kugel		4x100m										13:50	
14:00									4x100m		4x100m		4x100m	4x100m	14:00	
14:10							4x100m			4x100m		4x100m		4x100m	14:10	
14:20															14:20	
14:30					Kugel										14:30	
14:40							Weit 1						4x400m Mixed		14:40	
14:50															14:50	
15:00			2000m												15:00	
15:10	2000m				2000m										15:10	
15:20															15:20	
15:30															15:30	
15:40															15:40	
15:50						3000m	3000m	3000m	3000m	3000m					15:50	
16:00															16:00	
16:10											5000m	5000m	5000m	5000m	16:10	