

Zeitplan 15.06.2019 Solingen

Änderungen vorbehalten!

Zeit	W12	W13	M12	M13	W14	W15	M14	M15	wU18	mU18	wU20	mU20	F	M	Zeit	
09:45	Kampfrichter Besprechung														09:45	
10:00	Stabhochsprung (Anfangshöhe 1,60m)															10:00
10:10															10:10	
10:20									400mHü		400mHü		400mHü		10:20	
10:30										400mHü		400mHü		400mHü	10:30	
10:40					300mHü								Kugel		10:40	
10:50															10:50	
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						Weit 2		Weit 2		Weit 2	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									Kugel		Kugel		100m		13:00	
13:10														100m	13:10	
13:20	4x75m														13:20	
13:30			4x75m												13:30	
13:40	Weit 1	Weit 2					4x100m								13:40	
13:50			Kugel		4x100m										13:50	
14:00									4x100m		4x100m		4x100m		14:00	
14:10										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						3000m			3000m						15:30	
15:40															15:40	
15:50							3000m	3000m		3000m					15:50	
16:00															16:00	
16:10											5000m	5000m	5000m	5000m	16:10	