



Samstag, 23.09.2023

Stand 19.09.2023

Uhrzeit	W14	W15	M14	M15	W12	W13	M12	M13	M/WKU10	Uhrzeit
12:00	100m VL	Dreisprung 5		Dreisprung 5	Weitzone 1+2	Speer	Weitzone 3	Kugel 1	3-Kampf	12:00
12:15										12:15
12:30			100m VL							12:30
12:45		100m VL								12:45
13:10				100m VL						13:10
13:15							Kugel 1			13:15
13:30		300m Hü ZF		300m Hü ZF		Weit 1+2		Weit 3		13:30
13:35										13:35
13:45	Stab		Stab							13:45
13:55			100m F							13:55
14:00				100m F	Speer					14:00
14:05	100m F									14:05
14:15		100m F	Kugel 1	Kugel 1						14:15
14:30					75mVL		75mVL (G)			14:30
14:50								75mVL (G)		14:50
15:00						75mVL				15:00
15:15	Weit 1+2			Weit 3						15:15
15:40										15:40
15:50		Speer					Ball 3			15:50
16:05							75m F			16:05
16:15								75m F		16:15
16:15					Stab		Stab			16:15
16:20					75m F					16:20
16:30						75mF				16:30
16:40		Weit 1+2	Weit 3							16:40
16:45							800m ZF	800m ZF		16:45
16:50					Ball 3					16:50
16:55	Speer									16:55
17:00						800m ZF				17:00
17:10					800m ZF					17:10
17:15										17:15
17:25			800m ZF	800m ZF						17:25
17:30									17:30	
17:35	800m ZF	800m ZF							17:35	
17:40									17:40	
17:45									17:45	
17:55							4x75m ZF		17:55	
18:00					4x75m ZF				18:00	
18:15			4x100m ZF						18:15	
18:20	4x100m ZF								18:20	