



Zeitplan Sonntag 24.09.2023

Stand 19.09.2023

Uhrzeit	W14	W15	M14	M15	Uhrzeit	W12	W13	M12	M13	Uhrzeit	W10	W11	M10	M11	Uhrzeit
09:00	3000m F	3000m F	3000m F	3000m F	09:00					09:00					09:00
09:00			Hoch 1	Hoch 1	09:00		Kugel 2	Diskus	Diskus	09:00	Ball 2	Ball 1	Hoch 2	Hoch 3	09:00
09:20					09:20	2000m F	2000m F			09:20					09:20
09:30					09:30			2000m F	2000m F	09:30					09:30
09:45					09:45					09:45				800m ZF	09:45
10:00					10:00					10:00			800m ZF		10:00
10:15					10:15					10:15		800m ZF			10:15
10:30					10:30	Kugel 2				10:30	800m ZF				10:30
10:45					10:45				Hoch 2	10:45			Ball 2	Ball 1	10:45
11:00	Hoch 1	Hoch 1	Diskus	Diskus	11:00	60mHü VL				11:00		Weitzone 1+2			11:00
11:10					11:10					11:10					11:10
11:15					11:15		60mHü VL			11:15	50m VL (G)				11:15
11:25					11:25					11:25					11:25
11:40					11:40			60mHü VL		11:40					11:40
11:45					11:45					11:45					11:45
11:50					11:50				60mHü VL	11:50					11:50
12:00		Kugel 2			12:00					12:00			50m VL (G)		12:00
12:10					12:10					12:10					12:10
12:15	80mHü VL				12:15					12:15	Weitzone 3+4				12:15
12:25					12:25					12:25		50m VL (G)			12:25
12:30		80mHü VL			12:30		Diskus		Speer	12:30					12:30
12:45					12:45					12:45					12:45
12:50					12:50					12:50					12:50
13:00					13:00	Hoch 1		Hoch 2		13:00		Hoch 3			13:00
13:10					13:10					13:10				50m VL (G)	13:10
13:30	Kugel 2				13:30					13:30					13:30
13:40					13:40					13:40			50mHü ZF (G)		13:40
13:45					13:45	Diskus				13:45					13:45
13:55					13:55	60mHü F				13:55	50mHü ZF (G)				13:55
14:00					14:00		60mHü F	Speer		14:00				Weitzone 1+2	14:00
14:05					14:05			60mHü F		14:05					14:05
14:10					14:10				60mHü F	14:10					14:10
14:15					14:15					14:15					14:15
14:20					14:20					14:20		50m Hü ZF (G)			14:20
14:25	80mHü F				14:25					14:25					14:25
14:30		80mHü F			14:30		Hoch 2			14:30					14:30
14:35					14:35					14:35					14:35
14:40			80mHü F		14:40					14:40					14:40
14:45				80mHü F	14:45					14:45	Hoch 3		Weitzone 3+4	50mHü ZF (G)	14:45
15:00	Diskus	Diskus			15:00					15:00	50m F				15:00
15:00					15:00					15:00					15:00
15:10					15:10					15:10		50m F			15:10
15:20			Speer	Speer	15:20					15:20			50m F		15:20
15:30					15:30					15:30				50m F	15:30
15:45					15:45					15:45					15:45
16:00					16:00					16:00	4 x 50m ZF				16:00
16:15					16:15					16:15				4 x 50m ZF	16:15
16:30	300m ZF				16:30					16:30					16:30
16:35		300m ZF			16:35					16:35					16:35
16:40			300m ZF	300m ZF	16:40					16:40					16:40
16:45					16:45					16:45					16:45