

Zeitplan JMZK 2023

Samstag																	
Riege	Riegenführer	100m	Weit		Kugel		Hoch		400m	110mHü	Diskus		Stab		Speer		1500 m
15	Jan	09:30	09:45	2	11:00	1	12:00	1	13:00	13:45	14:00	3	14:45	3	16:00	1	17:00
1	Phillip	10:00							15:15		10:15	1	11:25	2	14:00	2	
2	Jessi/Emma	10:10							15:30		10:25	2	11:35	1	14:10	1	
3		10:20							16:30		10:35	3	11:45	3	15:00	2	
4	Greta/Jolina	10:30	10:45	3	12:20	1	13:40	2	15:45								
5	Julia	10:40	10:55	4	12:30	3	13:50	1	16:00								
6	Christine	10:50	11:05	1	12:40	2	14:00	3	16:15								
8	Maria/Ralf	11:50	12:05	2	13:50	1	15:30	2	17:15								
9	Markus	12:00	12:15	3	14:00	3	15:40	1	17:30								
11	Jule	12:10							17:45		12:25	1	13:55	2	16:25	2	
12	Michael	12:20							18:00		12:35	2	14:05	1	16:40	1/2	
Sonntag																	
Riege	Riegenführer	100m	Weit		Kugel		Hoch		400m	110mHü	Diskus		Stab		Speer		1500 m
25	Monique/Sven	07:50	08:10	2	09:15	2	10:30	1	11:30	12:15	12:30	3	13:15	3	14:45	1	16:00
4	Greta/Jolina	08:15									08:30	1	09:40	1	12:00	2	13:15
5	Julia	08:30									08:45	2	09:55	2	12:15	1	13:30
6	Christine	08:45									09:00	3	10:10	3	13:00	2	14:15
1	Phillip	09:00	09:15	3	10:30	1	11:40	3									13:45
2	Jessi/Emma	09:15	09:30	4	10:45	3	12:00	2									14:00
3		09:30	09:45	1	11:30	2	12:40	1									14:30
8	Maria/Ralf	09:45									10:00	1	11:35	1	13:45	1	15:15
9	Markus	10:15									10:30	2	12:00	2	14:10	2	15:30
11	Jule	10:45	11:00	2	12:45	1	14:00	3									15:45
12	Michael	11:00	11:15	3	13:00	3	14:15	2									16:15
Kinder		Treffpunkt und Anmeldung um 11:30 Uhr auf dem Vorplatz															