

Freitag 14.06.2024

	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	MU14	WU14	MU12	WU12	
16:30		Diskus		Diskus		Diskus	Hoch				16:30
	Drei	Drei	Drei	Drei							
16:40											16:40
16:50											16:50
17:00											17:00
17:10											17:10
17:20											17:20
17:30											17:30
17:40											17:40
17:50			Diskus		Diskus						17:50
18:00											18:00
18:10	200m					Weit Gr 1 Weit Gr 2					18:10
18:20		200m									18:20
18:30				200m							18:30
18:40											18:40
18:50	Diskus		200m								18:50
19:00											19:00
19:10											19:10
19:20											19:20
19:30		800m		800m				Hoch			19:30
19:35	800m		800m								19:35
19:45					1000m						19:45
19:50								1000m			19:50
20:00						1000m					20:00
20:10							1000m				20:10
20:20	5000m	5000m									20:20

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	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	MU14	WU14	MU12	WU12	
09:30				Kugel				60m VL	Ball Gr 1	Weit 3 Zone Gr 1	09:30
09:40							60m VL				09:40
09:50						100m VL					09:50
10:00					100m VL						10:00
10:10				100m VL							10:10
10:15			100m VL								10:15
10:20		100m VL									10:20
10:25	100m VL										10:25
10:30									Ball Gr 2	Weit 3 Zone Gr 2	10:30
10:40								60m F			10:40
10:50						Kugel	60m F				10:50
11:00					Weit 1			Weit 4 Zone Gr 1			11:00
11:05						100m F					11:05
11:10					100m F						11:10
11:15				100m F							11:15
11:20			100m F								11:20
11:25		100m F									11:25
11:30	100m F								Weit 3 Zone Gr 1	Ball Gr 1	11:30
11:40											11:40
11:50											11:50
12:00											12:00
12:10								Weit 4 Zone Gr 2			12:10
12:20											12:20
12:30		Kugel	Weit 1						Weit 3 Zone Gr 2	Ball Gr 2	12:30
12:40											12:40
12:50	4x100m										12:50
13:00						4x100m					13:00
13:10		4x100m		4x100m							13:10
13:20			4x100m		4x100m						13:20
13:30	Speer							4x100m			13:30
13:40							4x100m				13:40
13:50											13:50
14:00		Weit 1		Weit 2			Weit 3 Zone Gr 1				14:00
14:10								Kugel			14:10
14:20											14:20
14:30											14:30
14:40											14:40
14:50											14:50
15:00											15:00
15:10			Speer		Speer		Weit 3 Zone Gr 2				15:10
15:20											15:20
15:30	Weit 1										15:30
15:40											15:40
15:50											15:50
16:00											16:00
16:10											16:10
16:20		400m HÜ		400m HÜ							16:20
16:30	400m HÜ		400m HÜ								16:30
16:40					300m HÜ						16:40
16:50						300m HÜ					16:50

Sonntag 16.06.2024

	AKM MU20	AKW WU20	MU18	WU18	MU16	WU16	MU14	WU14	MU12	WU12	
09:30	Kugel		Hoch		Hoch	Speer		60m HÜ		Stabweit	09:30
09:40							60m HÜ				09:40
09:50						80m HÜ					09:50
10:00					100m HÜ						10:00
10:10				100m HÜ							10:10
10:20		100m HÜ									10:20
10:30			110m HÜ						Stabweit		10:30
10:40	110m HÜ										10:40
10:50											10:50
11:00		Hoch	Kugel	Hoch			Vortex			50m VL	11:00
11:10											11:10
11:20											11:20
11:30								Stabweit			11:30
11:40									50m VL		11:40
11:50	Stab 3,30m	Stab 3,30m	Stab 3,30m	Stab 3,30m	Stab 3,30m	Stab 3,30m					11:50
12:00										50m F	12:00
12:10					Kugel						12:10
12:20						Hoch					12:20
12:30							Stabweit	Vortex			12:30
12:40									50m F		12:40
12:50											12:50
13:00											13:00
13:10										4x50m	13:10
13:20											13:20
13:30							Kugel		4x50m		13:30
13:40											13:40
13:50	Hoch	400m		400m							13:50
14:00	400m	Speer	400m	Speer							14:00
14:10	Stab 1,90m	Stab 1,90m	Stab 1,90m	Stab 1,90m	Stab 1,90m	Stab 1,90m					14:10
14:20					300m	300m					14:20
14:30		1500m		1500m							14:30
14:40	1500m		1500m								14:40