



ZEITPLAN – Samstag 15.06.2024 (UPDATE 13.06.24)

ZEIT	MÄNNER	MU18	MU14	FRAUEN	WU18	WU14	ZEIT
12:00	5000m BG			5000m BG			12:00
12:01		3000m BG			3000m BG		12:01
13:00	Diskus 2	Diskus 1,5	Hochsprung	Kugel 4 100m VL 1	Kugel 3		13:00
13:04				100m VL 2			13:04
13:15					100m VL 1		13:15
13:19					100m VL 2		13:19
13:23					100m VL 3		13:23
13:27					100m VL 4		13:27
13:31					100m VL 5		13:31
13:40	100m VL 1						13:40
13:44	100m VL 2						13:44
13:48		100m VL 1					13:48
13:52		100m VL 2					13:52
13:56		100m VL 3					13:56
14:10				100m EL			14:10
14:25					100m EL		14:25
14:30				Weit			14:30
14:35	100m EL, Kugel	Kugel 5		Diskus 1	Diskus 1		14:35
14:45		100m EL					14:45
15:00						60m VL 1	15:00
15:04						60m VL 2	15:04
15:08						60m VL 3	15:08
15:12						60m VL 4	15:12
15:16						60m VL 5	15:16
15:20						60m VL 6	15:20
15:24						60m VL 7	15:24
15:30					Weit		15:30
15:45			60m VL 1				15:45
15:49			60m VL 2				15:49
15:53			60m VL 3				15:53
15:57			60m VL 4				15:57
16:00	Stabhoch	Stabhoch	Vortex 107g	Stabhoch	Stabhoch		16:00
16:30						60m EL A	16:30
16:45			60m EL A				16:45
17:00	800m	800m ZL					17:00
17:15				800m	800m	Hochsprung	17:15
17:30	Weit	Weit				800m ZL 1	17:30
17:40						800m ZL 2	17:40
17:50			800m ZL				17:50
18:00			Kugel 3			Kugel 2	18:00
18:10	400m ZL 1						18:10
18:15	400m ZL 2						18:15
18:20		400m ZL					18:20
18:25				400m	400m		18:25
18:45			5x80m ZL				18:45
18:50						5x80m ZL 1	18:50
18:55						5x80m ZL 2	18:55
19:00				4x100m			19:00
19:05					4x100m ZL 1		19:05
19:10					4x100m ZL 2		19:10
19:15	4x100m ZL	4x100m ZL					



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ZEIT	MÄNNER	MU18	MU14	FRAUEN	WU18	WU14	ZEIT
10:00				400m H ZL	400m H ZL	Vortex 107g	10:00
10:15	400m H ZL	400m H ZL					10:15
10:30	Dreisprung	Dreisprung		Dreisprung	Dreisprung		10:30
10:45			60m H VL 1				10:45
10:50			60m H VL 2				10:50
10:55						60m H VL 1	10:55
11:00						60m H VL 2	11:00
11:05						60m H VL 3	11:05
11:10						60m H VL 4	11:10
11:30	Speer 800	Speer 700			100m H VL		11:30
11:40			Weit Z	100m H VL			11:40
11:50		110m H VL		Hochsprung	Hochsprung		11:50
12:00	110m H VL						12:00
12:15				1500m ZL	1500m ZL		12:15
12:25	1500m ZL						12:25
12:35		1500m ZL					12:35
12:50			60m H EL				12:50
12:55						60m H EL	12:55
13:00	Hochsprung	Hochsprung		Speer 600	Speer 500		13:00
13:15					100m H EL	Weit Z	13:15
13:20				100m H EL			13:20
13:35		110m H EL					13:35
13:45	110m H EL						13:45
14:00					200m ZL 1		14:00
14:04					200m ZL 2		14:04
14:08					200m ZL 3		14:08
14:12					200m ZL 4		14:12
14:16					200m ZL 5		14:16
14:20				200m ZL 1			14:20
14:24				200m ZL 2			14:24
14:30		200m ZL 1					14:30
14:34		200m ZL 2					14:34
14:40	200m ZL 1						14:40
14:44	200m ZL 2						14:44

Stand: 13.06.2024 (17h)