

Samstag, 24.01.2026 (Stand 19.01.2026)

[illegible]

Ausschreibung

	M30 M35	M40 M45	M50 M55	M60 M65	M70 M75	M80 M85	W30 W35	W40 W45	W50 W55	W60 W65	W70 W75	W80 W85
14:30	800m	800m	800m				Kugel	Kugel				
14:40												
14:50												
15:00	200m	200m			Hoch 1	Hoch 1	Kugel	Kugel				
15:10												
15:20			200m									
15:30				200m								
15:40				200m								
15:45					200m	200m						
15:50					200m	200m						
16:00	Hoch 1	Hoch 1	Hoch 1				200m	200m	Kugel	Kugel	Kugel	Kugel
16:10									200m			
16:20										200m	200m	200m
16:30												
16:40							3000m	3000m	3000m	3000m	3000m	3000m
16:50							3000m	3000m	3000m	3000m	3000m	3000m
17:00				3000m	3000m Kugel	3000m Kugel						
17:10				3000m	3000m	3000m						
17:20	3000m	3000m	3000m									
17:30	3000m	3000m	3000m		Kugel	Kugel						
17:40												
17:50	4x200m	4x200m	4x200m	4x200m	4x200m		4x200m	4x200m	4x200m	4x200m		