

1. Mai 2024

entgeltiger Zeitplan

Stand: 27.04.24

	mJU20	mJU18	mJU16		mJU14		MJU12		wJU20	wJU18	wJU16		wJU14		WJU12		
Zeit			M15	M14	M13	M12	M11	M10			W15	W14	W13	W12	W11	W10	Zeit
10:20	4 x 100m*(4)	4 x 100m(2)															10:20
10:30			4 x 100m (6)		Hoch(8)	Hoch(3)							Weit 1(36)	Ballwurf(8)			10:30
10:40									4 x 100m*(5)	4 x 100 m(5)							10:40
10:50											4 x 100m(15)						10:50
11:15			100m VL(20)		Ball(13)	Ball (12)											11:15
11:25				100m VL(13)													11:25
11:35											100m VL(16)		Hoch(11)				11:35
11:45			Weit 2 (11)	Weit 2(11)								100m VL(34)		Weit 1(24)			11:45
12:05	100m VL(11)	100m VL(18)															12:05
12:15							Schlagb (8)	Schlagb(8)	100m VL(10)				Ball (24)				12:15
12:25										100m VL(29)							12:25
12:35											Hoch(7)	Hoch(6)					12:35
12:45																	12:45
12:50			100m E(12)	100m E(6)	Weit 1(16)								Ball (24)				12:50
13:00											100m E(6)	100m E(12)					13:00
13:10	100m E(6)	100m E(6)									Weit 2(13)						13:10
13:15									100m E(6)	100m E(12)					Schlagb(17)		13:15
13:25																	13:25
13:35			Hoch(3)	Hoch (3)			50m ZE(8)										13:35
13:45								50m ZE(9)								Schlagb(23)	13:45
13:50						Weit 1(12)	Sprungf (3)										13:50
14:05															50m ZE (22)		14:05
14:15								Sprungf (7)									14:15
14:25													Hoch(7)		50m ZE(29)		14:25
14:50					75m ZE(17Ä)							Weit 2(19)			Sprungf(17)		14:50
15:00						75m ZE(14)											15:00
15:10													75m ZE(34)				15:10
15:20																Sprungf (24)	15:20
15:30														75m ZE(31)			15:30
15:45	4x400m (1)																15:45
15:55									4x400m(2)								15:55
16:05	800m (-)	800m(9)	800m(7)	800m(2)													16:05
16:10									800m(1)	800m(4)	800m(1)	800m(7)					16:10
16:20							Pendel-Staffel (6)								Pendel-Staffel (6)		16:20
16:30																	16:30
16:45			300m Hü(4)								300m Hü(11)						16:45
17:00					4 x 75m ZE(3)								4 x 75m ZE(6)				17:00

* auch M

* auch F