

Zeitplan, 07. Mai 2011 - Neuwied

Uhr	M / MJA	MJB	M15/14	M13/12	F / WJA	WJB	W15/14	W13/12	Uhr
11:00		Speer E	Stab E	75m	Stab E	Stab E	Stab E	Hoch	11:00
11:30	5000m(ZS:25min.)		Speer E	Weit Zone	5000m(ZS:25min.)				11:30
11:45									11:45
12:00				Ball 200gr.					12:00
12:15	Weit E	Weit E	Hoch				Kugel E	75m	12:15
12:40							100m VL	Ball 80gr.	12:40
12:55				Hoch		100m VL			12:55
13:10					100m VL				13:10
13:25			100m VL		Kugel E	Kugel E		Weit Zone	13:25
13:40		100m VL					Diskus E		13:40
13:55	100m VL								13:55
14:00	Stab E	Stab E			Hoch E	Hoch E			14:00
14:15			Weit	4 x 75m E					14:15
14:20	Kugel E					Speer E		4 x 75m E	14:20
14:40					4x100m E	4x100m E	4x100m E		14:40
14:50	4x100m E	4x100m E	4x100m E						14:50
14:55							Speer E		14:55
15:00		Kugel E			Weit E		800m E	800m E	15:00
15:15						400m E			15:15
15:25					400m E		Hoch E		15:25
15:35	Diskus E	400m E							15:35
15:45	400m E		Kugel E						15:45
16:05							100m E		16:05
16:15						100m E			16:15
16:25					100m E	Weit E			16:25
16:35	Hoch E	Hoch E	100m E		Diskus E	Diskus E			16:35
16:45		100m E							16:45
16:55	100m E								16:55
17:15		Diskus E	Diskus E		1500m E	1500m E			17:15
17:30	1500m E	1500m E							17:30
17:45							300m E		17:45
17:55	Speer E		300m E				Weit E		17:55
18:15			1000m E	1000m E					18:15
18:30					Speer E	200m E			18:30
18:40					200m E				18:40
18:50		200m E							18:50
19:00	200m E								19:00