

2.Läufer- und Springerabend

Zeitplan

| Zeit | MJ U14 | WJ U14 | MJ U16 | WJ U16 | MJ U18+U20 | WJ U18+U20 | Frauen | Männer | Zeit |
|-------|-----------|-----------|-----------|-----------|---------------|---------------|--------|--------|-------|
| | | | | | | | | | |
| | | | | | | | | | |
| 17:00 | | | Hoch | Hoch | | | | | 17:00 |
| 17:30 | Weit 1 | Weit 2 | | | | | | | 17:30 |
| 17:45 | | | | | | 100mZE | 100mZE | | 17:45 |
| 17:55 | | | | | 100mZE | | | 100mZE | 17:55 |
| 18:10 | | | | 100mZE | | | | | 18:10 |
| 18:20 | | | 100mZE | | | | | | 18:20 |
| 18:30 | Hoch | Hoch | | | | | | | 18:30 |
| 18:40 | | | | | Weit 1 | Weit 2 | Weit 2 | Weit 1 | 18:40 |
| 18:45 | | | | | | | | | 18:45 |
| 19:00 | | | | | | | | | 19:00 |
| 19:15 | | | | | | | | | 19:15 |
| 19:20 | 75mZE | 75mZE | Weit 1 | Weit 2 | | | | | 19:20 |
| 19:30 | | | | | 400mZE | Hoch | Hoch | 400mZE | 19:30 |
| 19:45 | | | | | | 400mZE | 400mZE | | 19:45 |
| 20:00 | | | | | | | | | 20:00 |
| 20:15 | | 800m | | 800m | Hoch | | | Hoch | 20:15 |
| 20:30 | 800m | | 800m | | | | | | 20:30 |
| 20:45 | | | | | | | | | 20:45 |
| 21:00 | | | | | 3000m | 3000m | 3000m | 3000m | 21:00 |
| | | | | | | | | | |
| | | | | | | | | | |

Bei den 3000m Läufen erfolgt Laufeinteilung nach Saison Bestleistung. Bitte mit der Meldung SB angeben !

Änderungen vorbehalten