

Zeitplan, 08. Mai 2010 - Neuwied

Uhr	M / MJA		MJB		M15/14		M13/12		F / WJA		WJB		W15/14		W13/12		Uhr
11:00			Speer E	3	Stab E	0	75m	10+8=18	Stab E	0+1=1	Stab E	0	Stab E	0+0=0	Hoch	9+19=28	11:00
11:30	5000m(ZS:25m)	6+4=10			Speer E	3+2=5	Weit Zone	10+8=18	5000m(ZS:25m)	2+1=3							11:30
11:45																	11:45
12:00							Ball 200gr.	10+8=18									12:00
12:15	Weit E	2+3=5	Weit E	7	Hoch	4+4=8							Kugel E	7+4=11	75m	9+22=31	12:15
12:40													100m VL	16+12=28	Ball 80gr.	9+22=31	12:40
12:55							Hoch	10+7=17			100m VL	16					12:55
13:10									100m VL	4+6=10							13:10
13:25					100m VL	5+2=7			Kugel WJA E	3	Kugel E	5			Weit Zone	9+22=31	13:25
13:40			100m VL	14									Diskus E	3+3=6			13:40
13:55	100m VL	10+5=15															13:55
14:00	Stab E	2+2=4	Stab E	0					Hoch E	1+3=4	Hoch E	6					14:00
14:15					Weit	7+5=12	4 x 75m E	2									14:15
14:20	Kugel E	9+0=9									Speer E	3			4 x 75m E	5	14:20
14:40									4x100m E	2+2=4	4x100m E	3	4x100m E	6			14:40
14:50	4x100m E	2+1=3	4x100m E	3	4x100m E	2											14:50
14:55													Speer E	4+5=9			14:55
15:00			Kugel E	2					Weit E	3+5=8			Speer E	8+2=10	800m E	5+6=11	15:00
15:15											400m E	2					15:15
15:25									400m E	5+1=6			Hoch E	8+5=13			15:25
15:35	Diskus E	7+3=10	400m E	4													15:35
15:45	400m E	5+2=7			Kugel E	5+3=8											15:45
16:05													100m E	6+6=12			16:05
16:15											100m E	6					16:15
16:25									100m E	0+0=0	Weit E	15					16:25
16:35	Hoch E	1+1=2	Hoch E	3	100m E	0+0=0			Speer E	3+4=7							16:35
16:45			100m E	6													16:45
16:55	100m E	6+0=6															16:55
17:15			Diskus E	1	Diskus E	2+2=4			1500m E	3+2=5	1500m E	3					17:15
17:30	1500m E	12+2=14	1500m E	5					Kugel F E	2							17:30
17:45													300m E	4+8=12			17:45
17:55	Speer E	3+2=5			300m E	1+3=4							Weit E	12+5=17			17:55
18:15					1000m E	3+3=6	1000m E	2+4=6									18:15
18:30											200m E	8					18:30
18:40									200m E	5+3=8							18:40
18:50			200m E	7					Diskus E	3+0=3	Diskus E	3					18:50
19:00	200m E	5+4=9															19:00