Zeitplan M/W 12/13 Rheinlandbestenkämpfe 13. Juni 2015 **neu !!!**

	M 12/13	M 12	M 13	M 12/13	W 12/13	W 12	W 13	W 12/13	
	BSS	BL	BL	BW	BSS	BL	BL	BW	
	6 / 3	14	7	1 / 7	5 / 3	11	15	4 / 3	
10:30	60m H			Kugel	Speer	Weit 2	Weit 1		10:30
10:40		60m H							10:40
10:50								60m H	10:50
11:00	Hoch 2		60m H						11:00
11:10								Diskus	11:10
11:20		Weit 2		60m H					11:20
11:30			Weit 1		60m H				11:30
11:40									11:40
11:50				Diskus		60m H			11:50
12:00							60m H		12:00
12:10					Hoch 1				12:10
12:20								Weit 2	12:20
12:30	Speer		Ball						12:30
12:40									12:40
12:50		Ball							12:50
13:00									13:00
13:10				Weit 2					13:10
13:20						Ball			13:20
13:30									13:30
13:40								Kugel	13:40
13:50	Weit 2								13:50
14:00							Ball		14:00
14:10									14:10
14:20					75 m				14:20
14:30		75 m							14:30
14:40			75 m						14:40
14:50				75 m					14:50
15:00								75 m	15:00
15:10					Weit 2	75 m			15:10
15:20							75 m		15:20
15:30									15:30
15:40	75 m								15:40
15:50		800 m							15:50
16:00			800 m						16:00
16:10							800 m		16:10
16:20						800 m			16:20

Hochsprung Anfangshöhen:

M 12	1,12m	W 12	1,04m
M 13	1,16m	W 13	1,08m
M 14	1,20m	W 14	1,12m
M 15	1,24m	W 15	1,16m

Steigerung jeweils 4 cm!

Zeitplan M/W 14/15 Rheinlandmeisterschaften Block 13. Juni 2015

	M14/15	M 14/15	M 14/15	W 14	W 15	W 14/15	W 14/15	
	BSS	BL	BW	BSS	BSS	BL	BW	
	6 / 2	4 / 4	2 / 6	18	5	4 / 6	7 / 7	
12:30	Weit 1					80 m Hü		12:30
12:40					80 m Hü			12:40
12:50				80 m Hü				12:50
13:00								13:00
13:10			Diskus			Weit 1		13:10
13:20							80 m Hü	13:20
13:30				Hoch 2	Hoch 1			13:30
13:40	80 m Hü							13:40
13:50		80 m Hü					Diskus	13:50
14:00			80 m Hü					14:00
14:10								14:10
14:20								14:20
14:30			Weit 1					14:30
14:40								14:40
14:50	Hoch 1	Ball			Speer			14:50
15:00								15:00
15:10								15:10
15:20				Speer		Ball	Weit 1	15:20
15:30								15:30
15:40			Kugel					15:40
15:50		Weit 2						15:50
16:00								16:00
16:10								16:10
16:20	Speer							16:20
16:30					100m		Kugel	16:30
16:40				100m				16:40
16:50						100m		16:50
17:00		100m			Weit 2			17:00
17:10			100m	Weit 1				17:10
17:20	100m							17:20
17:30							100 m	17:30
17:40								17:40
17:50						2000 m		17:50
18:00		2000 m						18:00