

RM Team, 21.09.2019 Bad Neuenahr-Ahrweiler

	U14		U16		U20		M/W/Sen						KILA Gruppe 2	KILA Gruppe 3	KILA Gruppe 4				
	m	w	m	w	m	w	m	w	m	w	m	w							
10:45					Hoch 1 + 2	5	3						10:45	Ahrweiler	Altenkirchen	Mayen-Koblenz	10:45		
11:00	Weit 1 + 2	9	19	Ball 1 + 2	14	14	3000m	3	4	3000m	3	6	1	1	11:00	Neuwied	Bernkastel-Wittlich	Rhein-Lahn	11:00
11:15													11:15					11:15	
11:30							100m	6	6	2	1	1	11:30	Hi-Sprint				11:30	
11:45				100m	14	18							11:45			Scherhoch 1 + 2		11:45	
12:00	Ball 1 + 2	10	17				Kugel	5	3	Weit 1	7	7	1	1	12:00	Drehwurf	Hi-Sprint		12:00
12:15							100m	4	8						12:15				12:15
12:30															12:30		Drehwurf	Hi-Sprint	12:30
12:45										Kugel	6	6	3	2	12:45	Scherhoch 1 + 2			12:45
12:50	75m	11	16												12:50				12:50
13:00				Weit 1 + 2	14	18	Speer	4	3						13:00			Drehwurf	13:00
13:15							400m	4	4	400m	6	5	2	1	13:15				13:15
13:30															13:30		Scherhoch 1 + 2		13:30
13:35	800m	8													13:35				13:35
13:45	800m		12												13:45				13:45
13:50										Speer	6	5	3	1	13:50				13:50
13:55				800m	11										13:55				13:55
14:05				800m	12		Weit 1	4	7						14:05				14:05
14:15										Hoch	2	5	1	1	14:15	Stadioncross			14:15
14:30															14:30			Stadioncross	14:30
14:45															14:45		Stadioncross		14:45
14:55	4x75m	9													14:55				14:55
15:10				4x100m	10										15:10				15:10
15:20						4x100m	3		4x100m	5		1			15:20				15:20

47 64

63 62

32 32

41 40 14 8

403

6 Teams

7 Teams

3 Teams

3 Teams
1 Team Sen