

Zeit	W15	W14	M15	M14	W13	W12	M13	M12	W11	W10	M11	M10	Zeit
10:00	Weit 1	Weit 2	Kugel	Kugel			60m	60m	Weit 3+4+5				10:00
10:20					60m	60m							10:20
10:40							Hoch 1	Hoch 2		Weit 3+4+5			10:40
11:00			60m	60m									11:00
11:20	60m	60m											11:20
11:40					Weit 1+2	Weit 3+4+5	Kugel	Kugel					11:40
12:00									50m	50m			12:00
12:20	Hoch 1	Hoch 1	Hoch 2	Hoch 2									12:20
12:40					Kugel	Kugel	Weit 1+2	Weit 3+5			50m	50m	12:40
13:00													13:00
13:20			60m H	60m H									13:20
13:30	60m H	60m H											13:30
13:40					60m H		60m H						13:40
13:50							60m H	60m H					13:50
14:00			Weit 1	Weit 2							Weit 3+4	Weit 4+5	14:00
14:10	Kugel	Kugel											14:10
14:20					Hoch 3	Hoch 4				800m			14:20
14:30									800m				14:30
14:40													14:40
14:50								4x½ Runde					14:50
15:00					4x½ Runde								15:00
15:10			4x200m										15:10
15:20	4x200m												15:20
15:30													15:30
15:40												800m	15:40
15:50											800m		15:50
16:00							800m	800m					16:00
16:10					800m								16:10
16:20						800m							16:20
16:30													16:30
16:40			800m	800m									16:40
16:50	800m	800m											16:50
17:00													17:00
Zeit	W15	W14	M15	M14	W13	W12	M13	M12	W11	W10	M11	M10	Zeit