

Uhrzeit	W12	W13	M12	M13	Uhrzeit
10:00			60m Hü	Kugel	10:00
10:10	60m Hü				10:10
10:15			Weit 3+5		10:15
10:20		60m Hü			10:20
10:45				60m Hü	10:45
11:00	60m V				11:00
11:25		60m V			11:25
11:30	Stab	Stab	Stab	Stab	11:30
11:45	Weit 3-5				11:45
11:50			60m V		11:50
12:00		Kugel			12:00
12:05				60m V	12:05
12:45		60m E			12:45
12:55			60m E		12:55
13:05				60m E	13:05
13:15	60m E	Weit 3-5			13:15
13:45	Kugel				13:45
14:00			Hoch 1	Hoch 1	14:00
14:45	4 x 1/2 Runde				14:45
15:15			4 x 1/2 Runde		15:15
15:30	Hoch 2	Hoch 1	Kugel	Weit (3+5)	15:30
16:15			800m		16:15
16:30	800m				16:30
16:45		800m			16:45
17:00				800m	17:00