Zeitplan Seniorensportfest 25.01.2020

Uhrzeit	M30 - M45	M50/ M55	M60/M65	M70/M75	M80/M85	W30/W35	W40/W45	W50/W55	W60/W65/W70
10:30				60m Hürden					
			60m Hürden						
		60m Hürden							
	60m Hürden								
10:45								60m Hürden	
							60m Hürden		
						60m Hürden			
11:00	Kugel		60m	60m	60m	Hoch	Hoch	Hoch	Hoch
			Stabhoch	Stabhoch	Stabhoch	Stabhoch	Stabhoch	Stabhoch	Stabhoch
11:30		60m	Weit	Weit	Weit				
12:00	60m								
12:30		Kugel	Hoch	Hoch	Hoch	60m	60m	60m	60m
13:00	Stabhoch	Stabhoch	400m	400m	400m				
		Weit							
13:15		400m							
13:30	400m								
13:45						400m	400m	400m	400m
14:00		Hoch	800m	800m	800m				
					Kugel				
14:15	800m	800m		Kugel					
14:30	Weit					800m	800m	800m	800m
14:45			Kugel						
15:00		100m	100m	100m	100m	Weit	Weit	Weit	Weit
15:15	100m								
15:30	Hoch								
15:45						100m	100m	100m	100m
16:00			200m	200m	200m	Kugel	Kugel	Kugel	Kugel
16:15		200m							
16:30	200m								
16:45						200m	200m	200m	200m
17:00			3000m	3000m	3000m	3000m	3000m	3000m	3000m
17:15	3000m	3000m							
ca. 17:30	4x200m	4x200m	4x200m	4x200m	4x200m	4x200m	4x200m	4x200m	4x200m