

| <b>Zeit</b>  | <b>M<br/>12+13</b> | <b>M<br/>10+11</b>   | <b>M<br/>9+8+7<br/>+6</b> | <b>W<br/>12+13</b> | <b>W<br/>10+11</b>   | <b>W<br/>9+8+7<br/>+6</b> | <b>Zeit</b>  |
|--------------|--------------------|----------------------|---------------------------|--------------------|----------------------|---------------------------|--------------|
| <b>11.00</b> |                    |                      |                           | <b>2x30m</b>       |                      |                           | <b>11.00</b> |
| <b>11.10</b> | <b>2x30m</b>       |                      |                           | <b>Kugel</b>       |                      |                           | <b>11.10</b> |
| <b>11.20</b> | <b>Hoch</b>        |                      |                           |                    |                      |                           | <b>11.20</b> |
| <b>11.30</b> |                    | <b>2x30m</b>         |                           |                    |                      |                           | <b>11.30</b> |
| <b>12.00</b> |                    | <b>Med.<br/>Ball</b> |                           |                    | <b>2x30m</b>         |                           | <b>12.00</b> |
| <b>12.10</b> |                    |                      |                           | <b>Hoch</b>        |                      |                           | <b>12.10</b> |
| <b>12.20</b> |                    |                      |                           |                    |                      | <b>2x30m</b>              | <b>12.20</b> |
| <b>12.30</b> |                    |                      |                           |                    | <b>Med.<br/>Ball</b> |                           | <b>12.30</b> |
| <b>12.50</b> | <b>Kugel</b>       |                      | <b>2x30m</b>              |                    |                      |                           | <b>12.50</b> |
| <b>13.20</b> |                    | <b>Weit 1</b>        |                           |                    | <b>Weit 2</b>        |                           | <b>13.20</b> |
| <b>13.40</b> |                    |                      | <b>Weit 1</b>             |                    |                      | <b>Weit 2</b>             | <b>13.40</b> |
| <b>14.00</b> |                    |                      |                           | <b>4x1 Rd</b>      |                      |                           | <b>14.00</b> |
| <b>14.10</b> | <b>4x1 Rd</b>      |                      |                           |                    |                      |                           | <b>14.10</b> |
| <b>14.20</b> |                    |                      |                           |                    |                      | <b>4x1 Rd</b>             | <b>14.20</b> |
| <b>14.30</b> |                    | <b>4x1 Rd</b>        |                           |                    |                      |                           | <b>14.30</b> |
| <b>14.40</b> |                    |                      |                           |                    | <b>4x1 Rd</b>        |                           | <b>14.40</b> |
| <b>14.50</b> |                    |                      | <b>4x1 Rd</b>             |                    |                      |                           | <b>14.50</b> |
| <b>15.00</b> |                    |                      |                           |                    |                      | <b>4 Rd</b>               | <b>15.00</b> |
| <b>15.15</b> |                    |                      | <b>4 Rd</b>               |                    |                      |                           | <b>15.15</b> |
| <b>15.30</b> |                    | <b>6 Rd</b>          |                           |                    |                      |                           | <b>15.30</b> |
| <b>15.40</b> |                    |                      |                           |                    | <b>6 Rd</b>          |                           | <b>15.40</b> |
| <b>15.50</b> |                    |                      |                           | <b>6 Rd</b>        |                      |                           | <b>15.50</b> |
| <b>16.00</b> | <b>6 Rd</b>        |                      |                           |                    |                      |                           | <b>16.00</b> |

UM = männlich

UW = weiblich

Unverbindlich!!!