

geänderter Zeitplan
Südwestdeutsche Seniorenmeisterschaften
 16.07.2023 Wittlich

Zeit	M30/35	M40/45	M50/55	M60/65	M70/75	M80-90	W30/35	W40/45	W50/55	W60/65	W70-90	Zeit
10:00	Speer	Speer	Speer	5000m	5000m	5000m	5000m	5000m	5000m	5000m	5000m	10:00
10:05												10:05
10:15	Drei	Drei	Drei	Drei	Drei	Drei			Drei			10:15
10:20							Hoch	Hoch	Hoch			10:20
10:45	5000m	5000m	5000m				Diskus	Diskus	Diskus	Kugel	Kugel	10:45
11:15	110m Hü M30	110m Hü (99cm)										11:15
11:20			100m Hü (91cm)	Speer	Speer	Speer						11:20
11:25	110m Hü M35			100m Hü (84cm)			Drei	Drei		Drei	Drei	11:25
11:30	Kugel	Kugel		Weit	Weit	Weit				Hoch	Hoch	11:30
11:35							100m Hü (83cm)					11:35
11:45								80m Hü (76cm)				11:45
12:00					80m Hü (76cm)					Diskus	Diskus	12:00
12:05									80m Hü (76cm)			12:05
12:15	100m											12:15
12:20		100m										12:20
12:25			100m									12:25
12:30				100m								12:30
12:35			Kugel	Kugel	100m							12:35
12:40						100m	Speer	Speer	Speer			12:40
12:45							100m					12:45
12:50				Hoch	Hoch	Hoch		100m				12:50
12:55	Weit	Weit	Weit						100m			12:55
13:00	Diskus	Diskus								100m	100m	13:00
13:15	800m	800m										13:15
13:20			800m	800m								13:20
13:30					800m	800m						13:30
13:40							800m	800m	800m	800m	800m	13:40
13:50												13:50
13:55		4x100m		4x100m	4x100m							13:55
14:00							4x100m					14:00
14:15	400m	400m	Diskus	Diskus	Kugel	Kugel						14:15
14:20	Hoch	Hoch	Hoch							Speer	Speer	14:20
14:25			400m									14:25
14:30				400m								14:30
14:35					400m	400m						14:35
14:45							Weit	Weit				14:45
							400m	400m	400m	400m	400m	
14:50												14:50
15:00	1500m	1500m										15:00
15:15			1500m	1500m								15:15
15:25					Diskus	Diskus						15:25
					1500m	1500m						
15:40							1500m	1500m	1500m	1500m	1500m	15:40
15:55									Weit	Weit	Weit	15:55
16:00	200m	200m					Kugel	Kugel	Kugel			16:00
16:10			200m									16:10
16:15				200m								16:15
16:20					200m	200m						16:20
16:30							200m	200m				16:30
16:35									200m	200m	200m	16:35