

DM Senioren Leinefelde 08.-10.07.2016

Änderungen Zeitplan

Tag	Disziplin	AK	Startzeit bisher	Startzeit NEU
Fr	Diskus	M80	10.00 Uhr	11.00 Uhr
Fr	Diskus	M70	11.45 Uhr	12.30 Uhr
Fr	Diskus	M65	13.00 Uhr	13.30 Uhr
Fr	Weit	W65	11.50 Uhr	12.00 Uhr
Fr	Speer	M85	14.00 Uhr	11.45 Uhr
Fr	Kugel	M55	16.30 Uhr	16.00 Uhr
Fr	Kugel	M85	18.00 Uhr	17.05 Uhr
Sa	Drei	M70 + M75	16.30 Uhr	16.55 Uhr
Sa	Weit	W35	17.40 Uhr	18.15 Uhr
Sa	Stab	M35	17.30 Uhr	16.00 Uhr
So	Hammer	M35	09.15 Uhr	09.45 Uhr
So	Diskus	W45	12.30 Uhr	12.45 Uhr

(Stand: 30.06.2016)

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit
10:00							Hammer	Hoch	Kugel		Diskus							Speer					10:00
10:10																		100m VL					10:10
10:20									100m VL														10:20
10:30							Stab	100m VL															10:30
10:40							100m VL																10:40
11:00										Diskus											100m ZF	100m ZF	11:00
11:10																				100m ZF			11:10
11:20																		100m F					11:20
11:30										100m ZF	100m ZF									Hammer			11:30
11:40									100m F														11:40
11:45											Speer												11:45
11:50							100m F																11:50
12:00																		Weit	Weit	Weit	Weit		12:00
12:30								Diskus	800m ZF	800m ZF												Kugel	12:30
12:40								800m ZF															12:40
12:45									Speer														12:45
12:50							800m ZF																12:50
13:00																	Hammer	Hammer					13:00
13:00																	Hoch	Hoch	800m ZF	800m ZF			13:00
13:10																		800m ZF					13:10
13:30							Diskus		Weit														13:30
14:00										Speer								80mHü ZF	80mHü ZF				14:00
14:05									80mHü ZF														14:05
14:10								80mHü ZF															14:10
14:15																80mHü ZF			Hoch	Hoch			14:15
14:20															80mHü ZF								14:20
14:30													80mHü ZF										14:30
14:35																							14:35
14:45							100mHü ZF	100mHü ZF	Hammer							Stab	Stab	Stab	Stab	Stab			14:45
14:50																							14:50
15:00							Diskus				Weit	Weit	100mHü ZF					Kugel		Speer			15:00
15:10																							15:10
15:15							100mHü ZF		Hoch														15:15
15:25																							15:25
15:30																							15:30
15:35																							15:35
15:45																		800m ZF					15:45
15:55																		800m ZF					15:55
16:00							Kugel		Speer														16:00
16:05																		Weit					16:05
16:15																		800m ZF					16:15
16:25																			Weit 2		Diskus		16:25
16:30							Hammer	Hoch	Stab	Stab													16:30
16:35																							16:35
16:45																							16:45
16:55																							16:55
17:05																							17:05
17:15																							17:15
17:25																							17:25
17:35																							17:35
17:45																							17:45
18:00																							18:00
18:30																							18:30
18:45																							18:45
19:00																							19:00
19:10																							19:10
19:45																							19:45
Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit
09:00				Drei		Stab			Hammer			Speer	Speer	Hoch			Weit			Diskus	Diskus	Diskus	09:00
09:00					400mHü ZF	400mHü ZF	Kugel																09:00
09:10				400mHü ZF																			09:10
09:20			400mHü ZF																				09:20
09:30		400mHü ZF																					09:30
09:40	400mHü ZF																						09:40
09:50													400mHü ZF	400mHü ZF									09:50
10:00												400mHü ZF											10:00
10:10	Weit															Speer	Diskus						10:10
10:10															300mHü ZF	300mHü ZF							10:10
10:20				Hammer	Drei												300mHü ZF	300mHü ZF					10:20
10:30								300mHü ZF	300mHü ZF			Hoch	Hoch		Kugel								10:30
10:40							300mHü ZF																10:40
10:50						300mHü ZF																	10:50
11:00																	100m VL	100m VL					11:00
11:10																100m VL							11:10
11:20					Speer										100m VL								11:20
11:30			Drei	Stab										Hammer									11:30
11:30														100m VL									11:30
11:40													100m VL										11:40
11:50												100m VL											11:50
12:00			Diskus			100m VL	Kugel																12:00
12:10					100m VL																		12:10
12:20				100m VL																			12:20
12:30			100m VL		Hoch																		12:30
12:40		100m VL																					12:40
12:50	100m VL								Hammer	Hammer													12:50
12:50	Speer																						12:50
13:00																	100m F	100m F					13:00
13:05																100m F							13:05
13:10															100m F								13:10
13:15				Kugel										100m F									13:15
13:20													100m F										13:20
13:25												100m F											13:25
13:30		Stab				100m F																	13:30
13:30						Diskus																	13:30
13:35					100m F																		13:35
13:40				100m F																			13:40
13:45			100m F																				13:45
13:50		100m F																					13:50
13:55	100m F																						13:55
14:00									Hoch														14:00
14:10																		1500m ZF	1500m ZF	1500m ZF	1500m ZF	1500m ZF	14:10
14:15				Weit																			14:15
14:20																	1500m ZF						14:20
14:30	Drei	Drei														1500m ZF	Speer			Hammer	Hammer		14:30
14:40												Kugel	Kugel		1500m ZF								14:40
14:50														1500m ZF									14:50
15:00												1500m ZF	1500m ZF				Diskus						15:00
15:10									1500m ZF	1500m ZF	1500m ZF												15:10
15:20								1500m ZF								Hoch							15:20
15:30			Weit				1500m ZF																15:30
15:30						Drei	Drei																15:30
15:40						1500m ZF																	15:40
15:50				Speer	1500m ZF									Kugel									15:50
Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit
16:00	Stab		Stab																				16:00
16:00			Hammer	1500m ZF																			16:00
16:10			1500m ZF																				16:10
16:20		1500m ZF														Diskus							16:20
16:30	1500m ZF																						16:30
16:40													Weit					400m ZF	400m ZF	400m ZF			16:40
16:45																	400m ZF						16:45
16:50																400m ZF							16:50
16:50																Hoch							16:50
16:55								Drei	Drei						400m ZF								16:55
17:00								Kugel						400m ZF									17:00
17:10												400m ZF	400m ZF										17:10
17:15		Speer								400m ZF													17:15
17:20									400m ZF														17:20
17:25								400m ZF															17:25
17:30	Diskus						400m ZF																17:30
17:30					Hammer																		17:30
17:35						400m ZF																	17:35
17:40					400m ZF																		17:40
17:45				400m ZF																			17:45
17:50														Weit									17:50
17:55			400m ZF																				17:55
18:00		400m ZF																Kugel					18:00
18:05	400m ZF																						18:05
18:15	Hoch	Hoch				Speer						Weit 2					4x100m ZF		4x100m ZF				18:15
18:25															4x100m ZF								18:25
18:30																			Diskus				18:30
18:35												4x100m ZF	4x100m ZF										18:35
18:45								4x100m ZF															18:45
18:55						4x100m ZF																	18:55
19:00																			Kugel				19:00
19:05				4x100m ZF																			19:05
19:15	4x100m ZF	4x100m ZF																					19:15
Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit	
09:15		Kugel		Hoch	Stab							5000m ZF	5000m ZF	5000m ZF										09:15
09:15												Drei	Drei	Drei										09:15
09:15													Diskus	Speer										09:15
09:30		Weit																						09:30
09:45	Hammer																							09:45
10:00				5000m ZF	5000m ZF																			10:00
10:30	5000m ZF	5000m ZF	5000m ZF									Diskus			Drei	Drei	Drei	Drei	Drei					10:30
10:30			Kugel												Speer									10:30
10:45		Hammer			Weit																			10:45
11:20			Hoch																					11:20
11:30	Kugel											Stab	Stab	Stab										11:30
11:30	200m ZF																							11:30
11:35												200m ZF												11:35
11:40		200m ZF																						11:40
11:45		Diskus										Hammer	Hammer											11:45
11:50													200m ZF											11:50
11:55			200m ZF																					11:55
12:00			Speer																					12:00
12:05														200m ZF										12:05
12:15				200m ZF																				12:15
12:25															200m ZF									12:25
12:30																								12:30
12:35					200m ZF																			12:35
12:45														Diskus	Hammer	200m ZF								12:45
12:55						200m ZF																		12:55
13:00																	200m ZF							13:00
13:10							200m ZF																	13:10
13:20																		200m ZF						13:20
13:25								200m ZF																13:25
13:30																				200m ZF	200m ZF			13:30
13:35									200m ZF															13:35
13:40										200m ZF	200m ZF													13:40
Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	Zeit	