

# Zeitplan DM Senioren 2022

▲ Samstag, 17.09.2022 - Senioren (M)

| Zeit  | M 35    | M 40          | M 45    | M 50    | M 55    | M 60    | M 65   | M 70    | M 75    | M 80    | M 85/90 |
|-------|---------|---------------|---------|---------|---------|---------|--------|---------|---------|---------|---------|
| 09:00 | Kugel 1 | Kugel 1       | Speer   | Weit 1  | Weit 2  |         |        | Hoch    |         | Hammer  | Hammer  |
| 09:50 |         |               |         |         |         |         |        |         |         | 800 m   | 800 m   |
| 09:55 |         |               |         |         |         |         |        |         | 800 m   |         |         |
| 10:00 |         |               |         |         |         |         |        | 800 m   |         |         |         |
| 10:05 |         |               |         |         |         |         | 800 m  |         |         |         |         |
| 10:10 |         |               |         |         |         | 800 m   |        |         |         |         |         |
| 10:15 |         |               |         |         | 800 m   |         |        |         |         |         |         |
| 10:20 |         |               |         | 800 m   |         |         |        |         |         |         |         |
| 10:25 |         |               | 800 m   |         |         |         |        |         |         |         |         |
| 10:30 | Weit 1  | 800 m, Weit 1 |         |         |         |         |        | Weit 2  | Kugel 2 |         |         |
| 10:35 | 800 m   |               |         |         |         |         |        |         |         |         |         |
| 10:40 |         |               |         |         |         |         |        |         |         | Hoch    | Hoch    |
| 11:35 |         |               |         |         |         |         |        |         |         |         |         |
| 11:50 |         |               |         | Speer   | Kugel 2 |         |        |         |         |         |         |
| 12:00 |         |               | Diskus  |         |         |         |        |         |         |         |         |
| 12:00 |         |               | Weit 1  |         |         |         |        | Hammer  | Hammer  |         |         |
| 12:10 |         |               |         |         |         |         |        |         |         |         | 100 m   |
| 12:15 |         |               |         |         |         |         |        |         |         | 100 m   |         |
| 12:20 |         |               |         |         |         | Stab    | Stab   |         | 100 m   |         |         |
| 12:30 |         |               |         |         |         |         |        | 100 m   |         |         |         |
| 12:35 |         |               |         |         |         |         |        | 100 m   |         |         |         |
| 12:45 |         |               |         |         |         | 100 m   |        |         |         |         |         |
| 12:55 |         |               |         |         | 100 m   |         |        |         |         |         |         |
| 13:05 |         |               |         | 100 m   |         |         |        |         |         |         |         |
| 13:15 |         |               | 100 m   |         |         |         |        |         |         |         |         |
| 13:20 |         | 100 m         |         |         |         |         |        |         |         |         |         |
| 13:30 | 100 m   |               |         |         |         |         | Hammer |         |         | Kugel 2 | Kugel 2 |
| 13:45 | Diskus  | Diskus        |         |         |         |         |        |         |         |         |         |
| 13:50 |         |               | Kugel 1 | Kugel 1 |         |         |        |         |         |         |         |
| 14:10 |         |               |         |         |         | 4x100 m |        | 4x100 m |         | 4x100 m |         |
| 14:30 | 4x100 m | 4x100 m       |         | 4x100 m |         |         |        |         | Weit 1  |         |         |
| 14:40 |         |               |         | Speer   |         |         |        |         |         |         |         |
| 15:00 |         |               |         |         |         | Hoch    |        |         |         | Weit 2  | Weit 2  |
| 16:00 |         |               |         |         |         |         |        |         |         | 400 m   | 400 m   |
| 16:05 |         |               |         |         |         |         |        |         | 400 m   |         |         |
| 16:10 |         |               |         |         |         |         |        | 400 m   |         |         |         |
| 16:15 |         |               |         |         |         |         | Weit 2 |         |         |         |         |
| 16:20 |         |               |         |         |         |         | 400 m  |         |         |         |         |
| 16:30 |         |               |         |         |         | 400 m   |        |         | Hoch    |         |         |
| 16:40 |         |               |         |         | 400 m   | Weit 1  |        |         |         |         |         |
| 16:45 |         |               | Stab    |         |         |         |        |         |         |         |         |
| 16:50 |         |               |         | 400 m   |         |         |        |         |         |         |         |
| 17:00 |         |               | 400 m   |         |         |         |        |         |         |         |         |
| 17:05 |         | 400 m         |         |         |         |         |        |         |         |         |         |
| 17:10 | 400 m   |               |         |         |         |         |        |         |         |         |         |
| 17:15 |         |               |         |         |         |         |        |         | Diskus  |         |         |
| 17:45 | Speer   | Speer         |         |         |         |         |        |         |         |         |         |
| 18:15 |         |               |         | Diskus  |         | Hammer  |        |         |         |         |         |

# Zeitplan DM Senioren 2022

▲ Samstag, 17.09.2022 - Seniorinnen (W)

| Zeit  | W 35    | W 40    | W 45    | W 50    | W 55    | W 60    | W 65    | W 70    | W 75    | W 80    | W 85/90 |
|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 9:00  |         |         |         |         |         | Diskus  | Diskus  |         |         |         |         |
| 9:10  |         |         |         |         |         |         |         | 800 m   | 800 m   | 800 m   | 800 m   |
| 9:15  |         |         |         |         |         | 800 m   | 800 m   |         |         |         |         |
| 9:20  |         |         |         |         | 800 m   |         |         |         |         |         |         |
| 9:30  |         |         | 800 m   | 800 m   |         |         |         |         |         |         |         |
| 9:35  |         |         |         |         |         |         |         |         |         |         |         |
| 9:40  |         | 800 m   |         |         |         |         |         |         |         |         |         |
| 9:45  | 800 m   |         |         |         |         |         |         |         |         |         |         |
| 10:20 | Diskus  | Diskus  |         |         |         |         | Kugel 1 |         | Kugel 1 | Kugel 1 | Kugel 1 |
| 10:30 |         |         |         | Speer   |         | Hammer  | Hammer  |         |         |         |         |
| 11:05 |         |         |         |         |         |         |         | 100 m   | 100 m   | 100 m   | 100 m   |
| 11:10 |         |         |         |         |         |         | 100 m   |         |         |         |         |
| 11:15 |         |         |         |         |         | 100 m   |         |         |         |         |         |
| 11:25 |         |         |         |         | 100 m   |         |         |         |         |         |         |
| 11:30 |         |         |         | 100 m   |         |         |         |         |         |         |         |
| 11:40 |         |         | 100 m   |         |         |         |         | Weit 2  | Weit 2  | Weit 2  | Weit 2  |
| 11:50 |         | 100 m   |         |         |         |         |         |         |         |         |         |
| 12:00 | 100 m   |         |         |         |         |         |         |         |         |         |         |
| 12:30 |         |         |         |         |         |         |         | Kugel 1 |         |         |         |
| 13:10 |         |         | Weit 1  |         | Hoch    | Hoch    | Hoch    | Hoch    | Hoch    | Hoch    | Hoch    |
| 13:15 |         |         | Speer   | Weit 2  |         |         |         |         |         |         |         |
| 14:20 | 4x100 m | 4x100 m | 4x100 m | 4x100 m | 4x100 m | 4x100 m | 4x100 m | 4x100 m | 4x100 m |         |         |
| 14:50 | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    | Stab    |
| 15:00 |         |         | Diskus  |         |         |         |         | 400 m   | 400 m   | 400 m   | 400 m   |
| 15:10 |         |         |         |         |         |         | 400 m   | Hammer  | Hammer  | Hammer  | Hammer  |
| 15:20 |         |         |         |         |         | 400 m   |         |         |         |         |         |
| 15:25 |         |         |         |         | 400 m   |         |         |         |         |         |         |
| 15:30 |         |         |         | 400 m   |         | Kugel 2 |         |         |         |         |         |
| 15:40 |         |         | 400 m   |         |         |         |         |         |         |         |         |
| 15:50 |         | 400 m   |         |         |         |         |         |         |         |         |         |
| 15:55 | 400 m   |         |         |         |         |         |         |         |         |         |         |
| 16:10 | Speer   | Speer   |         |         |         |         |         |         |         |         |         |
| 16:15 |         |         |         | Diskus  |         |         |         |         |         |         |         |
| 17:00 |         |         |         |         | Hammer  |         |         |         |         |         |         |
| 17:30 |         |         |         |         | Weit 2  | Weit 1  | Weit 1  |         |         |         |         |

# Zeitplan DM Senioren 2022

▲ Sonntag, 18.09.2022 - Senioren (M)

| Zeit  | M 35   | M 40   | M 45   | M 50   | M 55   | M 60    | M 65    | M 70    | M 75   | M 80   | M 85/90 |
|-------|--------|--------|--------|--------|--------|---------|---------|---------|--------|--------|---------|
| 09:00 |        |        |        |        |        | Kugel 1 |         |         |        | Diskus | Diskus  |
| 09:00 |        |        |        |        |        |         |         | Drei 1  | Drei 1 | Drei 1 | Drei 1  |
| 10:00 | Hoch   | Hoch   | Hoch   | Stab   | Stab   |         |         |         | 1500 m | 1500 m | 1500 m  |
| 10:10 |        |        |        |        |        |         |         | 1500 m  |        |        |         |
| 10:20 |        |        |        |        |        |         | 1500 m  | Speer   | Speer  |        |         |
| 10:30 |        |        |        |        |        | 1500 m  |         |         |        |        |         |
| 10:40 |        |        |        |        | 1500 m | Diskus  |         |         |        |        |         |
| 10:50 |        |        |        | 1500 m |        |         |         |         |        |        |         |
| 11:00 |        |        | 1500 m |        |        |         |         |         |        |        |         |
| 11:10 |        | 1500 m |        |        |        |         |         |         |        |        |         |
| 11:20 | 1500 m |        |        |        |        |         |         |         |        |        |         |
| 11:50 |        |        |        |        |        |         | Kugel 1 | Kugel 1 |        |        |         |
| 12:00 |        |        |        |        |        |         | Drei 1  |         |        |        |         |
| 12:10 |        |        |        |        |        |         |         |         |        | 80 Hü  | 80 Hü   |
| 12:20 |        |        |        |        |        |         |         | Stab    | Stab   | Stab   | Stab    |
| 12:35 |        |        |        |        |        |         |         | 80 Hü   | 80 Hü  |        |         |
| 13:00 |        |        |        |        |        |         |         |         |        |        |         |
| 13:05 |        |        |        |        |        | 100 Hü  | 100 Hü  |         |        |        |         |
| 13:15 |        |        |        |        |        | Drei 1  |         |         |        |        |         |
| 13:20 |        |        |        |        |        |         | Hoch    |         |        |        |         |
| 13:25 |        |        |        |        | 100 Hü |         | Speer   |         |        |        |         |
| 13:30 |        |        |        | 100 Hü | Diskus |         |         |         |        |        |         |
| 13:40 | 110 Hü | 110 Hü | 110 Hü |        |        |         |         |         |        |        |         |
| 14:10 |        |        |        |        |        |         |         |         |        |        |         |
| 14:20 |        |        |        | Hammer |        |         |         |         |        |        |         |
| 14:40 | Stab   | Stab   |        |        |        |         |         |         |        | Speer  | Speer   |
| 15:00 |        |        |        | Hoch   | Hoch   |         |         |         |        |        |         |
| 15:20 |        |        |        | Drei 1 | Drei 1 |         |         |         |        |        |         |
| 15:30 |        |        |        |        |        |         |         |         |        | 200 m  | 200 m   |
| 15:40 |        |        |        |        |        |         |         |         | 200 m  |        |         |
| 15:50 |        |        |        |        |        |         |         | 200 m   |        |        |         |
| 16:00 | Hammer | Hammer | Hammer |        |        |         | 200 m   |         |        |        |         |
| 16:10 |        |        |        |        |        | 200 m   |         |         |        |        |         |
| 16:10 |        |        |        |        |        | Speer   |         |         |        |        |         |
| 16:20 |        |        |        |        | 200 m  |         |         |         |        |        |         |
| 16:30 |        |        |        | 200 m  |        |         |         |         |        |        |         |
| 16:40 |        |        | 200 m  |        |        |         |         |         |        |        |         |
| 16:50 |        | 200 m  |        |        |        |         |         |         |        |        |         |
| 17:00 | 200 m  |        |        |        |        |         |         |         |        |        |         |
| 17:10 | Drei 1 | Drei 1 | Drei 1 |        | Hammer |         |         |         |        |        |         |
| 17:50 |        |        |        |        |        |         | Diskus  | Diskus  |        |        |         |

# Zeitplan DM Senioren 2022

▲ Sonntag, 18.09.2022 - Seniorinnen (W)

| Zeit  | W 35    | W 40    | W 45    | W 50    | W 55    | W 60   | W 65   | W 70   | W 75   | W 80   | W 85/90 |
|-------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|---------|
| 9:00  | Weit 2  | Weit 2  |         |         | Speer   |        |        |        |        |        |         |
| 9:30  |         |         |         |         |         | 1500 m | 1500 m | 1500 m | 1500 m | 1500 m | 1500 m  |
| 9:40  |         |         |         |         | 1500 m  |        |        |        |        |        |         |
| 9:50  |         |         |         | 1500 m  |         |        |        |        |        |        |         |
| 10:00 | 1500 m  | 1500 m  | 1500 m  |         |         |        |        |        |        |        |         |
| 10:20 |         |         | Hammer  | Hammer  | Kugel 1 |        |        |        |        |        |         |
| 10:30 |         |         |         |         | Drei 1  | Drei 1 | Drei 1 | Drei 1 | Drei 1 | Drei 1 | Drei 1  |
| 11:50 | Hoch    | Hoch    | Hoch    |         |         |        |        |        |        |        |         |
| 12:00 |         |         |         |         |         | 80 Hü  | 80 Hü  | 80 Hü  | 80 Hü  | 80 Hü  | 80 Hü   |
| 12:00 |         |         |         |         |         | Speer  | Speer  |        |        |        |         |
| 12:20 |         |         |         | 80 Hü   | 80 Hü   |        |        | Diskus |        |        |         |
| 12:45 | Hammer  | Hammer  | 80 Hü   |         |         |        |        |        |        |        |         |
| 12:50 |         | 80 Hü   |         |         |         |        |        |        |        |        |         |
| 13:15 | 100 Hü  |         | Drei 2  | Drei 2  |         |        |        |        |        |        |         |
| 13:20 |         |         |         | Kugel 1 |         |        |        |        |        |        |         |
| 14:10 |         |         |         |         |         |        |        | 200 m  | 200 m  | 200 m  | 200 m   |
| 14:15 |         |         |         |         |         |        |        |        |        |        |         |
| 14:20 |         |         |         |         |         |        | 200 m  |        |        |        |         |
| 14:30 |         |         |         |         |         | 200 m  |        |        |        |        |         |
| 14:40 |         |         |         |         | 200 m   |        |        |        |        |        |         |
| 14:50 |         |         |         | 200 m   | Diskus  |        |        |        |        |        |         |
| 15:00 | Drei 2  | Drei 2  | 200 m   |         |         |        |        |        |        |        |         |
| 15:10 |         | 200 m   |         |         |         |        |        |        |        |        |         |
| 15:20 | 200 m   |         |         |         |         |        |        |        |        |        |         |
| 16:10 | Kugel 1 | Kugel 1 | Kugel 1 |         |         |        |        |        | Diskus | Diskus | Diskus  |
| 16:45 |         |         |         | Hoch    |         |        |        |        |        |        |         |
| 17:50 |         |         |         |         |         |        |        | Speer  | Speer  | Speer  | Speer   |