



Samstag 01.03.2025

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+	Zeit
09:40	60 m HF											09:40
09:45	Speer	Speer	Speer									09:45
09:50		60 m HF										09:50
10:00									Weit 2	Weit 2	Weit 2	10:00
10:30	Weit 1	Weit 1	60 m HF							Kugel	Kugel	10:30
10:40				60 m HF								10:40
10:50					60m HF							10:50
10:55						60m HF						10:55
11:00							60 m HF					11:00
11:10								60 m HF				11:10
11:20									60 m HF			11:20
11:30				Diskus	Diskus							11:30
11:40								Kugel	Kugel			11:40
12:05							Weit 2	Weit 2				12:05
12:20			Weit 1									12:20
12:55	400 m											12:55
13:00	Diskus	Diskus	Diskus									13:00
13:05		400 m										13:05
13:20			400 m									13:20
13:25						Kugel	Kugel					13:25
13:30				Weit 1	Weit 1							13:30
13:35				400 m								13:35
13:50					400 m							13:50
13:55												13:55
14:00						400 m						14:00
14:05												14:05
14:10						Weit 2						14:10
14:15							400 m					14:15
14:25								400 m				14:25
14:30										Diskus	Diskus	14:30
14:40									400 m			14:40
14:50										400 m		14:50
14:55											400 m	14:55
15:05	Stab 1	Stab 1	Stab 1									15:05
15:10	60 m F							Drei	Drei	Drei	Drei	15:10
15:15		60 m F										15:15
15:20			60 m F									15:20
15:25				60 m F								15:25
15:30					60 m F							15:30
15:40				Kugel	Kugel							15:40
15:50								Diskus	Diskus			15:50
16:00						60 m F						16:00
16:05							60 m F					16:05
16:10								60 m F				16:10
16:15									60 m F			16:15
16:20										60 m F		16:20
16:25											60 m F	16:25
16:30	Drei	Drei	Drei	Drei								16:30
17:10	60 m Hü	60 m Hü										17:10
17:15			60 m Hü									17:15
17:20												17:20
17:25				60 m Hü								17:25
17:30					60 m Hü	Diskus	Diskus					17:30
17:45	Kugel	Kugel	Kugel									17:45
17:50						60 m Hü						17:50
18:00							60 m Hü					18:00
18:35					Drei	Drei	Drei	60 m Hü	60 m Hü			18:35
18:40										60 m Hü		18:40
19:00									1500 m	1500 m	1500 m	19:00
19:20	Hoch	Hoch	Hoch				1500 m	1500 m				19:20
19:30							1500 m					19:30
19:40	1500 m											19:40
19:50		1500 m										19:50
20:00			1500 m									20:00
20:10				1500 m								20:10
20:20					1500 m							20:20

Samstag 01.03.2025

Zeit	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+	Zeit
09:00	60m HF											09:00
09:10		60 m HF										09:10
09:20			60m HF									09:20
09:30				60m HF								09:30
09:40												09:40
09:45	Speer	Speer	Speer									09:45
09:50												09:50
10:00					60 m HF							10:00
10:10						60 m HF						10:10
10:20							60 m HF					10:20
10:30												10:30
10:40												10:40
10:50	Stab 1	Stab 1	Stab 1	Stab 1	Stab 1	Stab 1	Stab 1	Stab 1				10:50
10:55												10:55
11:00												11:00
11:10								Hammer	Hammer	Hammer	Hammer	11:10
11:20												11:20
11:30												11:30
11:40	400 m											11:40
11:45		400 m										11:45
11:55			400 m									11:55
12:05				400 m								12:05
12:10												12:10
12:15					400 m							12:15
12:20												12:20
12:25						400 m						12:25
12:30												12:30
12:35							400 m					12:35
12:40								400 m				12:40
12:45									400 m			12:45
12:50						Hammer	Hammer					12:50
14:10												14:10
14:15				Hammer	Hammer							14:15
15:35	60 m F											15:35
15:40	Hammer	Hammer	Hammer									15:40
15:40		60 m F										15:40
15:45			60 m F									15:45
15:50				60 m F								15:50
15:55					60 m F							15:55
16:30						60 m F						16:30
16:40							60 m F					16:40
16:45								60 m F				16:45
16:50									60 m F			16:50
16:55										60 m F		16:55
17:40	60 m Hü											17:40
18:10		60 m Hü	60 m Hü									18:10
18:20				60 m Hü								18:20
18:20					60 m Hü							18:20
18:30												18:30
18:35												18:35
18:40												18:40
18:50						60 m Hü	60 m Hü	60 m Hü				18:50
19:00												19:00
19:10						1500 m	1500 m	1500 m	1500 m			19:10
19:20	Hoch	Hoch	Hoch									19:20
20:30	1500 m	1500 m	1500 m									20:30
20:40				1500 m								20:40
20:50					1500 m							20:50

Sonntag 02.03.2025

Zeit	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+	Zeit	
08:50	3000 m Bahngehen												08:50
09:15							3000 m Bahngehen						09:15
09:45									Hoch 1	Hoch 1		09:45	
09:45									Hammer	Hammer	Hammer	09:45	
09:50												09:50	
10:00				Stab 1	Stab 2	Stab 2						10:00	
10:10												10:10	
10:20												10:20	
10:30												10:30	
10:40												10:40	
10:50												10:50	
11:00												11:00	
11:00								Hoch 1				11:00	
11:10												11:10	
11:20												11:20	
11:20												11:20	
11:30												11:30	
11:40							Hammer	Hammer				11:40	
11:45												11:45	
12:00	200 m											12:00	
12:15		200 m										12:15	
12:20												12:20	
12:30			200 m			Hoch 1	Hoch 1					12:30	
12:40				200 m								12:40	
12:50												12:50	
12:55					200 m							12:55	
13:00												13:00	
13:10						200 m						13:10	
13:20					Hammer	Hammer						13:20	
13:25							200 m					13:25	
13:30												13:30	
13:35								200 m				13:35	
13:40												13:40	
13:45									200 m			13:45	
13:55												13:55	
14:00										200 m		14:00	
14:10											200 m	14:10	
14:20												14:20	
14:30												14:30	
14:40							Stab 1	Stab 1	Stab 1	Stab 1		14:40	
14:45												14:45	
14:50												14:50	
15:00	Hammer	Hammer	Hammer	Hammer								15:00	
15:05												15:05	
15:15				Hoch 1	Hoch 1							15:15	
15:30	800 m											15:30	
15:35		800 m										15:35	
15:40												15:40	
15:45			800 m									15:45	
15:50												15:50	
15:55				800 m								15:55	
16:00					800 m							16:00	
16:05						800 m						16:05	
16:10							800 m					16:10	
16:20								800 m				16:20	
16:30									800 m	800 m	800 m	16:30	
16:40	4x200m											16:40	
16:50		4x200 m										16:50	
17:00				4x200 m								17:00	
17:10						4x200 m		4x200 m				17:10	

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Zeit	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+	Zeit
08:50												08:50
09:15												09:15
09:45	3000 m Bahngehen											09:45
09:45	Drei	Drei	Drei	Drei		Diskus	Diskus	Hoch 2	Hoch 2			09:45
09:50	Kugel	Kugel	Kugel									09:50
10:00												10:00
10:10												10:10
10:20	200 m											10:20
10:30		200 m										10:30
10:40			200 m									10:40
10:50				200 m								10:50
11:00				Hoch 2	Hoch 2							11:00
11:00					200 m							11:00
11:10						200 m		Diskus	Diskus	Diskus	Diskus	11:10
11:20							200 m					11:20
11:20					Drei	Drei	Drei	Drei	Drei			11:20
11:30				Kugel	Kugel			200 m				11:30
11:40									200 m			11:40
11:45										200 m		11:45
12:00												12:00
12:15												12:15
12:20												12:20
12:30												12:30
12:40												12:40
12:50												12:50
12:55												12:55
13:00												13:00
13:10	Weit 1											13:10
13:20				Weit 2	Weit 2							13:20
13:25												13:25
13:30						Hoch 2	Hoch2					13:30
13:35	Diskus	Diskus	Diskus									13:35
13:40												13:40
13:45						Kugel	Kugel					13:45
13:55												13:55
14:00												14:00
14:10												14:10
14:20	800 m											14:20
14:30		800 m										14:30
14:40		Weit 1	800 m									14:40
14:45				800 m								14:45
14:50					800 m							14:50
15:00						800 m						15:00
15:05							800 m					15:05
15:15								800 m	800 m			15:15
15:30						Weit 2	Weit 2	Weit 2	Weit 2	Weit 2		15:30
15:35												15:35
15:40												15:40
15:45				Diskus	Diskus							15:45
15:50								Kugel	Kugel	Kugel	Kugel	15:50
15:55												15:55
16:00			Weit 1									16:00
16:05												16:05
16:10												16:10
16:20												16:20
16:30												16:30
16:40												16:40
16:50												16:50
17:00												17:00
17:10												17:10
17:20	4x200m											17:20
17:30		4x200 m										17:30
17:40				4x200 m								17:40
17:50						4x200 m		4x200 m				17:50