

Sonntag 19. Juli 2026

Zeit	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80	M 85/90	Zeit	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75	W 80	W 85/90	Zeit	
09:45												09:45							Diskus	Diskus	Speer				09:45
09:45	110 m H	110 m H	110 m H									09:45							Weit	Weit					09:45
10:00				100 m H	100 m H							10:00	Hoch 1	Hoch 1											10:00
10:10							Kugel					10:10	Hammer	Hammer	Hammer										10:10
10:10												10:10	100 m H												10:10
10:20						100 m H	100 m H					10:20													10:20
10:35	Stab	Stab	Stab									10:35		80 m H	80 m H										10:35
10:40												10:40													10:40
10:50												10:50				80 m H	80 m H								10:50
11:00								80 m H	80 m H			11:00													11:00
11:10						Weit	Weit					11:10							80 m H	80 m H		Speer	Speer	Speer	11:10
11:20										80 m H	80 m H	11:20								80 m H	80 m H	80 m H	80 m H	11:20	
11:30				Diskus	Diskus							11:30													11:30
11:40	200 m						Kugel					11:40													11:40
11:50		200 m										11:50													11:50
12:00												12:00	200 m												12:00
12:10								Hoch 1	Hoch 1			12:10		200 m											12:10
12:20			200 m									12:20				Hammer	Hammer								12:20
12:30				200 m								12:30													12:30
12:40												12:40			200 m	Weit	Weit		Speer	Speer					12:40
12:50												12:50				200 m									12:50
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13:20	Diskus	Diskus	Diskus									13:20					200 m								13:20
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13:50									200 m			13:50													13:50
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14:20												14:20										200 m	200 m	200 m	14:20
14:30	Hoch 1	Hoch 1										14:30													14:30
14:40	400 m											14:40							Hammer	Hammer					14:40
14:50		400 m										14:50													14:50
15:00												15:00	400 m												15:00
15:10												15:10		400 m											15:10
15:20			400 m		Kugel	Diskus	Diskus					15:20					Speer								15:20
15:30				400 m								15:30			Weit	Weit									15:30
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16:40		Weit	Weit					400 m				16:40					Speer	Speer							16:40
16:50									400 m			16:50													16:50
17:00												17:00								400 m					17:00
17:10												17:10										400 m			17:10
17:20									400 m	400 m	400 m	17:20													17:20
17:30												17:30										400 m	400 m	400 m	17:30

Stand: 16.04.2026