Rahmenzeitplan KM Mehrkampf mit LM & OSM Block 05.05.2024 Zittau

KM MK U8 - U20

	Riege 1	Riege 2	Riege 3	Riege 4	Riege 5	Riege 6	Riege 7	Riege 8
	M/WU8	M/W8	M/W9	M/W10	M/W11	M/W12	M/W13	M/WJU18/20
	2017/18	*2016*	*2015*	*2014*	*2013*	*2012*	*2011*	*2005-2008*
	4-Kampf	4-Kampf	4-Kampf	5-Kampf	5-Kampf	5-Kampf	5-Kampf	4-/5-Kampf
09:30	*Riegeneinteilung*							
10:00		Weit 3	Weit 4	50m (GG)		Weit 1	Weit 2	Kugel 2
10:05								
10:10								
10:15	50m (GG)							
10:20								
10:25								
10:30					50m (GG)			
10:35								
10:40								
10:45		50m (GG)						
10:50				Ball 1	Ball 2			
11:00			50m (GG)					
11:10	Weit 3							100m (M/WJU18)
11:20								
11:30						75m		
11:40		Ball 1	Ball 2				75m	Weit 1/2 (M)
11:50								
12:00								
12:10				Weit 3	Weit 4			100m H (WJU18/20)
12:20	Ball 2							
12:30						Ball 1		
12:40		800m						
12:50			800m					
13:00	800m						Ball 2	
13:10								
13:20								
13:30								
13:40						60m H (GG)		
13:50					60m H (GG)			
14:00				60m H (GG)				Hoch 1/2
14:10								
14:20								
14:30								
14:40								
14:50							60m H	
15:00								
15:10					800m			
15:20								
15:25						800m		
15:30								
15:40				800m				
15:50								
15:55							800m	
16:00								
16:10								400m
16:15								200m (WJU20)
16:20								
16:30								
16:40								
16:50								
17:00	Die Siegerehrungen finden zeitnah nach Beendigung des MK der einzelnen Riegen statt!					(GG = Gegengerade)		

LM / OSM / KM Block U16

Stand: 31.01.2024

	Riege 9	Riege 10	Riege 11	Riege 12	Riege 13	Riege 14	Riege 15	Riege 16	Riege 17	Riege 18	Riege 19	Riege 20	
	M15	M14	M15	M14	M15	M14	W15	W14	W15	W14	W15	W14	
	2009	*2010*	*2009*	*2010*	*2009*	*2010*	*2009*	*2010*	*2009*	*2010*	*2009*	*2010*	
	Block (BLS)	Block (BLS)	Block (BLL)	Block (BLL)	Block (BLW)	Block (BLW)	Block (BLS)	Block (BLS)	Block (BLL)	Block (BLL)	Block (BLW)	Block (BLW)	
09:30	*Riegeneinteilung*												09:30
10:00	100m								Ball 1	Ball 2	Diskus	Diskus	10:00
10:05		100m											10:05
10:10			100m										10:10
10:15				100m									10:15
10:20	Hoch 1	Hoch 2			100m								10:20
10:25						100m							10:25
10:30							100m						10:30
10:35								100m					10:35
10:40									100m				10:40
10:45										100m			10:45
10:50							Weit 1	Weit 2			100m		10:50
11:00					Diskus	Diskus						100m	11:00
11:10													11:10
11:20													11:20
11:30											Kugel 2		11:30
11:40			Weit 1	Weit 2									11:40
11:50													11:50
12:00													12:00
12:10							Hoch 1	Hoch 2					12:10
12:20												Kugel 2	12:20
12:30													12:30
12:40									Weit 1	Weit 2			12:40
12:50													12:50
13:00													13:00
13:10													13:10
13:20													13:20
13:30	80m H	80m H											13:30
13:40					80m H	80m H							13:40
13:50	Weit 1	Weit 2	80m H	80m H									13:50
14:00													14:00
14:10						Kugel 2	80m H	80m H					14:10
14:20											80m H	80m H	14:20
14:30			Ball 1	Ball 2					80m H	80m H			14:30
14:40							Speer 1	Speer 1					14:40
14:50											Weit 1	Weit 2	14:50
15:00					Kugel 2								15:00
15:10													15:10
15:20													15:20
15:25													15:25
15:30													15:30
15:40	Speer 1	Speer 1											15:40
15:50					Weit 1	Weit 2							15:50
15:55													15:55
16:00													16:00
16:10													16:10
16:15													16:15
16:20									2000m	2000m			16:20
16:30			2000m	2000m									16:30
16:40													16:40
16:50													16:50
17:00													17:00