

LVP-DMM-Tag

Kaiserslautern, 24. September 2011

Zeit	Lauf	Hoch I	Hoch II	Weit	Weit Zone	Kugel/Diskus	(Schlag-)Ball/ Speer
10:40	110m H M						
10:50	80m H SchA						
10:55	80m H SchiA						
11:00		M	SchiC	MJA/mJB		KUG F /wJB	SCH SchC
11:05	60m H SchiB						
11:10	60m H SchB						
11:20	100m SchA				SchiB		
11:25							BAL SchB
11:30	100m SchiA						
11:40	100m F/wJB			SchA			
11:50	100m mJA/mJB					KUG SchiA	
11:55	100m M						
12:00							
12:15	50m SchC		F/wJB	M	SchB		SCH SchiB
12:30	50m SchiC	SchC					
12:45						KUG SchA	
12:55	400m M/mJA						SCH SchiC
13:10	75m SchB						
13:20	75m SchiB			SchiA			
13:30		SchB				KUG mJA/mJB	

Zeit	Lauf	Hoch I	Hoch II	Weit	Weit Zone	Kugel/Diskus	(Schlag-)Ball/ Speer
13:40	4x100m F/wJB		SchiB		SchiC		
13:50	4x100m SchA						
14:00	4x100m M/mJA/mJB			F/wJB			BAL SchA
14:10	4x100m SchiA					KUG M	
14:15		mJA/mJB					
14:25	4x50m SchC						BAL SchiA
14:35	4x50m SchiC				SchC		
14:45	1500m M		Stabhoch M				
14:55	4x75m SchB/SchiB	SchA					SPE wJB
15:10	800m SchiC					DIS F/M//mJA	
15:20	800m SchiA						
15:30	800m F /wJB	SchiA					
15:40	800m SchiB						
15:50	800m M						
16:00	1000m SchC						SPE M/mJB
16:10	1000m SchB						
16:20	1000m SchA						
16:25	1000m mJB/mJA						
16:35	5000m M						