

Uhr	W30/35	W40/45	W50/55	W60/65	W70/75	W80/85	W90/95	Uhr	M30/35	M40/45	M50/55	M60/65	M70/75	M80/85	M90/95	Uhr
14:50								14:50								14:50
15:00								15:00								15:00
15:10								15:10								15:10
15:15								15:15								15:15
15:20								15:20								15:20
15:30	Diskus (1kg)	Diskus (1kg)						15:30	Speer (800g)	Speer (800g)		4x100m	4x100m	4x100m		15:30
15:40								15:40	4x100m	4x100m	4x100m					15:40
15:45								15:45								15:45
15:50	4x100m	4x100m	4x100m	4x100m	4x100m			15:50								15:50
16:00								16:00								16:00
16:10								16:10								16:10
16:15	X4x 200m							16:15	X4x 200m							16:15
16:20								16:20								16:20
16:30								16:30								16:30
	Stand: 21.03.2026															