

# NLV-Seniorenmeisterschaften 2009

ABLAUFPLAN nach Meldeeingang

Stand: 15.05.2009

Samstag

Änderungen vorbehalten!

| W 50   | W 55   | W 60 | W 65   | W 70+  | Zeit  | M 60          | M 65          | M 70         | M 75   | M 80+  |
|--------|--------|------|--------|--------|-------|---------------|---------------|--------------|--------|--------|
|        |        |      |        |        | 10:30 |               |               | Diskus       |        |        |
| Speer  | Speer  |      | Speer  |        | 11:30 |               |               |              |        |        |
|        |        |      |        |        | 12:00 | Kugel         |               |              | Diskus | Diskus |
|        |        |      |        |        | 13:00 |               |               | Hoch         |        |        |
|        |        |      |        |        | 13:05 |               |               |              | 100    | 100    |
|        |        |      | Kugel  | Kugel  | 13:10 |               |               | 100          |        |        |
|        |        |      |        |        | 13:15 |               | 100<br>Diskus |              |        |        |
|        |        |      |        |        | 13:20 | 100           |               |              |        |        |
|        |        | 100  | 100    | 100    | 13:30 |               |               | Speer        | Speer  |        |
| 100    | 100    |      |        |        | 13:35 |               |               |              |        |        |
| Weit   | Weit   |      |        |        | 14:00 |               |               |              |        |        |
|        |        |      |        |        | 14:10 | Diskus        | 800           | 800          |        |        |
|        |        |      |        |        | 14:20 | 800           | Kugel         |              |        |        |
| 800    | 800    |      |        |        | 14:30 | Hoch          | Hoch          | Weit         | Weit   |        |
| Diskus | Diskus |      |        |        | 15:20 |               |               |              |        |        |
| 4x100  |        |      |        |        | 15:30 | 4x100         |               |              | Kugel  | Kugel  |
|        |        |      |        |        | 15:40 | 3.000         | 3.000         | 3.000        |        |        |
| 3.000  | 3.000  |      | 3.000  |        | 16:00 | Stab          | Speer         | Stab         |        |        |
| Hoch   |        |      |        |        | 16:10 |               |               |              |        |        |
|        |        |      |        |        | 16:20 |               |               | 200          |        |        |
| Kugel  | Kugel  |      |        |        | 16:30 |               | 200           |              |        |        |
|        |        |      |        |        | 16:35 | 200           |               |              |        |        |
|        |        |      | Diskus | Diskus | 16:40 |               |               |              | 200    | 200    |
| 200    | 200    |      |        |        | 16:50 |               |               |              |        |        |
|        |        |      |        |        | 17:30 | Weit<br>Speer | Weit          | 400<br>Kugel |        |        |
|        |        |      |        |        | 17:35 | 400           | 400           |              |        |        |

Geänderte Zeiten **rot** markiert

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## Sonntag

| W 30   | W 35   | W 40   | W 45   | Zeit  | M 30   | M 35   | M 40   | M 45   | M 50   | M 55   |
|--------|--------|--------|--------|-------|--------|--------|--------|--------|--------|--------|
| Speer  | Speer  | Speer  | Speer  | 9:30  | Weit   | Weit   |        |        | Diskus | Diskus |
|        |        |        |        | 9:45  |        |        | 110 Hü | 110 Hü |        |        |
|        |        |        |        | 9:55  |        |        |        |        | 100 Hü | 100 Hü |
|        |        | Hoch   | Hoch   | 10:00 |        |        |        |        |        |        |
|        |        | 80 Hü  |        | 10:05 |        |        |        |        |        |        |
|        |        |        |        | 10:20 |        |        | Weit   |        |        |        |
| Kugel  | Kugel  | Kugel  |        | 10:30 |        |        | 100 VL |        |        |        |
|        |        |        |        | 10:40 |        |        | Diskus | Diskus |        | 100    |
|        |        |        |        | 10:45 |        |        |        |        | 100    |        |
|        |        |        |        | 10:50 |        |        |        | 100    |        |        |
|        |        |        |        | 10:55 |        | 100    |        |        |        |        |
|        | Hoch   |        |        | 11:00 | 100    |        |        |        |        |        |
|        |        |        | 100    | 11:10 |        |        |        | Weit   |        |        |
|        | 100    | 100    |        | 11:15 |        |        |        |        |        |        |
|        |        |        |        | 11:25 |        |        | 100 EL |        |        |        |
|        |        | Stab   |        | 11:30 |        |        |        |        | Kugel  |        |
|        |        |        |        | 11:40 | Hoch   | Hoch   |        |        |        |        |
|        |        |        |        | 11:45 |        |        |        |        | 800    | 800    |
|        |        |        |        | 11:50 | Diskus | Diskus | 800    | 800    |        |        |
|        |        |        |        | 12:00 | 800    | 800    |        |        | Weit   | Weit   |
| 800    | 800    | 800    | 800    | 12:10 |        |        |        |        |        |        |
|        |        |        |        | 12:20 |        |        | Hoch   | Hoch   |        |        |
| 4x100  |        | 4x100  |        | 12:30 |        |        | Kugel  | Kugel  | 4x100  |        |
|        |        |        |        | 12:40 | 4x100  |        | 4x100  |        |        |        |
|        |        |        |        | 12:50 | Stab   |        | Stab   |        | Stab   |        |
|        |        |        |        | 12:55 |        |        |        |        | 3.000  | 3.000  |
| Weit   | Weit   | Weit   | Weit   | 13:00 |        |        |        |        |        |        |
|        |        |        |        | 13:15 |        |        | 3.000  | 3.000  | Speer  | Speer  |
| Diskus | Diskus | Diskus | Diskus | 13:20 |        |        |        |        |        |        |
|        |        |        |        | 13:30 | 3.000  | 3.000  |        |        |        |        |
| 3.000  | 3.000  | 3.000  | 3.000  | 13:50 | Kugel  | Kugel  |        |        |        |        |
|        |        |        |        | 14:00 |        |        |        |        |        | 200 ZE |
|        |        |        |        | 14:05 |        |        |        |        | 200 ZE |        |
|        |        |        |        | 14:15 |        |        |        | 200    |        |        |
|        |        |        |        | 14:20 |        |        | Drei   | Drei   |        |        |
|        |        |        |        | 14:25 |        |        | 200 ZE |        |        |        |
|        |        |        |        | 14:30 |        |        | Speer  | Speer  |        |        |
|        |        |        |        | 14:35 |        | 200    |        |        |        |        |
|        |        |        |        | 14:40 | 200    |        |        |        |        | Kugel  |
|        |        | 200    | 200    | 14:50 |        |        |        |        |        |        |
|        | 200    |        |        | 14:55 |        |        |        |        |        |        |
|        |        |        |        | 15:00 |        |        |        |        | Hoch   | Hoch   |
|        |        |        |        | 15:10 |        |        |        |        |        | 400 ZE |
|        |        |        |        | 15:20 |        |        |        |        | 400    |        |
| Drei   |        | Drei   |        | 15:25 |        |        |        | 400    |        |        |
|        |        |        |        | 15:30 | Speer  | Speer  | 400 ZE |        |        |        |
|        |        |        |        | 15:40 |        | 400    |        |        |        |        |
| 400    | 400    | 400    |        | 15:50 |        |        |        |        |        |        |

Geänderte Zeiten **rot** markiert