

Zeitplan Siegburger Pflingsportfest

Samstag

	W14	W15	M14	M15	WJU18	WJU20	W	MJU18	MJU20	M
10:00	80mH									
10:10		80mH								
10:20	Diskus Discus	Diskus Discus	80mH		Diskus Discus	Diskus Discus	Diskus Discus			
10:30				80mH				Weit 1 Long Jump	Weit 2 Long Jump	Weit 2 Long Jump
10:40										
10:50					100mH					
11:00						100mH	100mH			
11:10										
11:20					Hoch High Jump	Hoch High Jump	Hoch High Jump	110mH		
11:30									110mH	110mH
11:40										
11:50	100m									
12:00		100m	Diskus Discus	Diskus Discus				Diskus Discus	Diskus Discus	Diskus Discus
12:10			100m							
12:20				100m						
12:30					100m					
12:40	Weit 1 Long Jump	Weit 2 Long Jump				100m				
12:50							100m			
13:00								100m		
13:10									100m	
13:20										100m
13:30										
13:40					Kugel Shot Put	Kugel Shot Put	Kugel Shot Put	Hoch High Jump	Hoch High Jump	Hoch High Jump
13:50					200m					
14:00			Weit 1 Long Jump	Weit 2 Long Jump		200m	200m			
14:10								200m		
14:20									200m	200m
14:30										
14:40		300m								
14:50				300m						
15:00	Kugel Shot Put	Kugel Shot Put								
15:10			Hoch High Jump	Hoch High Jump	400m					
15:20						400m	400m			
15:30					Weit 1 Long Jump	Weit 2 Long Jump	Weit 2 Long Jump	400m		
15:40									400m	400m
15:50										
16:00	800m	800m								
16:10			800m	800m						
16:20					800m*	800m*	800m*			
16:30	Hoch High Jump	Hoch High Jump						Kugel Shot Put	Kugel Shot Put	Kugel Shot Put
16:40								800m*	800m*	800m*
16:50										
17:00		Drei Triple Jump		Drei Triple Jump	Drei Triple Jump	Drei Triple Jump	Drei Triple Jump	Drei Triple Jump	Drei Triple Jump	Drei Triple Jump
17:10					2000mH	2000mH				
17:20										
17:30								2000mH		
17:40										
17:50			Kugel Shot Put	Kugel Shot Put					2000mH	
18:00										
18:10							3000mH			
18:20										
18:30										3000mH
18:40										
18:50					3000m*	3000m*	3000m*			
19:00										
19:10										
19:20								3000m*	3000m*	3000m*
19:30										
19:40										

*800m und 3000m werden nach Zeiten, altersklassenübergreifend gesetzt. Der schnellste Lauf beginnt!