Rahmenzeitplan

**SM Aktive Freitag/Samstag**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Freitag** | | | |  | **Samstag** | | | |
| **Zeit** | **Läufe** | **Sprünge** | **Würfe** |  | **Zeit** | **Läufe** | **Sprünge** | **Würfe** |
| 00.00 |  |  | Hammer W |  | 00.00 |  |  | Hammer M |
| 00.30 | 1500m VL W |  |  |  | 00.30 | 200m VL W |  |  |
| 00.50 | 1500m VL M |  |  |  | 00.35 |  | Hochsprung W |  |
| 01.10 | 100m VL W |  |  |  | 00.50 |  | Weitsprung M |  |
| 01.20 |  |  | Kugel W |  | 00.55 | 200m VL M |  |  |
| 01.30 | 100m VL M |  |  |  | 01.20 | 100mH VL W |  |  |
| 01.40 |  | Dreisprung M |  |  | 01.40 |  | Stabsprung W |  |
| 02.05 | 400m VL W |  |  |  | 01.45 | 110mHü VL M |  |  |
| 02.15 |  |  | Diskus M |  | 01.50 |  |  | Speerwurf W |
| 02.25 | 400m VL M |  |  |  | 02.00 | 400m F W |  |  |
| 02.30 |  | Stabsprung M |  |  | 02.10 | 400m F M |  |  |
| 02.45 | 800m VL W |  |  |  | 02.20 | 1500m F W |  |  |
| 03.10 | 800m VL M |  |  |  | 02.30 | 1500m F M |  |  |
| 03.20 |  |  | Kugel M |  | 02.55 |  | Hochsprung M |  |
| 03.40 | 100m HF W |  |  |  | 03.00 | 110mHü HF M |  |  |
| 19.45 |  | Dreisprung W |  |  | 03.10 |  | Weitsprung W |  |
| 19.50 | 100m HF M |  |  |  | 03.15 | 100mHü HF W |  |  |
| 04.05 | 400mH VL W |  |  |  | 03.30 | 200m F W |  |  |
| 04.15 |  |  | Diskus W |  | 03.35 |  |  | Speerwurf M |
| 04.25 | 400mH VL M |  |  |  | 03.40 | 200m F M |  |  |
| 04.45 | 5000m F W |  |  |  | 03.50 | 400mH F W |  |  |
| 05.15 | 100m F W |  |  |  | 04.00 | 400mH F M |  |  |
| 05.25 | 100m F M |  |  |  | 04.10 | 800m F W |  |  |
| 05.35 | 5000m F M |  |  |  | 04.20 | 800m F M |  |  |
|  |  |  |  |  | 04.35 | 100mHü F W |  |  |
|  |  |  |  |  | 04.45 | 110mHü F M |  |  |