Run Fast! und LVN Wurf Cup, Samstag 06.06.2026

Run Fast! + LVN Wurf Cup aktualisierter Zeitplan														LVN Wurf Cup	
	M12	M13	M14	M15	MJU18	MJU20	Männer	W 12	W 13	W 14	W 15	WJU18	WJU20	Frauen	
09:30								Hammer	Hammer						09:30
09:45												Speer	Speer	Speer	09:45
10:00	60mHü							60mHü							10:00
10:15		60mHü							60mHü	Hammer	Hammer				10:15
10:30										80mHü	80mHü				10:30
10:45			80mHü	80mHü											10:45
11:00												100mHü			11:00
11:15								Kugel 1	Kugel 2	Speer	Speer	Diskus	Disk./100mHü	Disk./100mHü	11:15
11:30					110mHü										11:30
11:45						110mHü	110mHü								11:45
12:00								75m	75m						12:00
12:15	75m	75m													12:15
12:30										Diskus	Diskus	Kugel 1	Kugel 2	Kugel 2	12:30
12:35								Speer	Speer	100m	100m				12:35
12:55			100m	100m											12:55
13:05												100m			13:05
13:25													100m	100m	13:25
13:45					100m			Diskus	Diskus	Kugel 1	Kugel 2				13:45
14:00	Speer	Speer				100m	100m								14:00
14:30										100m	100m				14:30
14:50			100m	100m											14:50
15:00												100m			15:00
15:15			Speer	Speer	Speer	Speer	Speer					Hammer	Hammer	Hammer	15:15
15:20													100m	100m	15:20
15:40					100m										15:40
15:55						100m	100m								15:55
16:15	Kugel 1	Kugel 1	Diskus	Diskus	Diskus	Diskus	Diskus								16:15
16:20												200m			16:20
16:40													200m	200m	16:40
17:00					200m										17:00
17:15						200m	200m								17:15
	Diskus	Diskus	Kugel 1	Kugel 1	Kugel 1	Kugel 1	Kugel 1								
17:30															17:30
17:45															17:45
18:00	Hammer	Hammer	Hammer	Hammer	Hammer	Hammer	Hammer								18:00