

### 3. Freitaler Läuferabend – Zeitplan

Uhrzeit	Kinder U10		Kinder U12		Kinder U14		Jugend U16		Jugend U18		Jugend U20		20 – 29		30 – 50		55 +		Uhrzeit
	w	m	w	m	w	m	w	m	w	m	w	m	w	m	w	m	w	m	
17:00							100 m		100 m		100 m		100 m		100 m		100 m		17:00
17:05																			17:05
17:10								100 m		100 m		100 m		100 m		100 m		100 m	17:10
17:15																			17:15
17:20	50 m	50 m																	17:20
17:25			50 m	50 m															17:25
17:30																			17:30
17:35					75 m														17:35
17:40						75 m													17:40
17:45																			17:45
17:50							300 m												17:50
17:55								300 m											17:55
18:00	800 m	800 m																	18:00
18:05			800 m	800 m															18:05
18:10																			18:10
18:15									400 m		400 m		400 m		400 m		400 m		18:15
18:20										400 m		400 m		400 m		400 m		400 m	18:20
18:25																			18:25
18:30					2.000 m	2.000 m	2.000 m												18:30
18:35																			18:35
18:40																			18:40
18:45								3.000 m	3.000 m	3.000 m	3.000 m	3.000 m	5.000 m	5.000 m	5.000 m	5.000 m	3.000 m	3.000 m	18:45
18:50																			18:50
18:55																			18:55
19:00																			19:00
19:05																			19:05
19:10																			19:10
19:15																			19:15
19:20																			19:20
19:25																			19:25
19:30																			19:30