

# 1. Nationales Seniorenmeeting des LAC Erdgas Chemnitz

**11.03.2023**

## Zeitplan

|       | WJU18/WJU20 | M30-M45  | M50-M70  | W30-W45  | W50-W70  |
|-------|-------------|----------|----------|----------|----------|
|       |             |          |          |          |          |
| 10:45 | 3x800m      |          |          |          |          |
| 11:00 |             | Stabhoch | Stabhoch | Stabhoch | Stabhoch |
| 11:05 |             | 60m VL   |          |          |          |
| 11:15 |             |          | 60m VL   |          |          |
| 11:30 |             |          |          | 60m VL   |          |
| 11:35 |             |          |          |          | 60m VL   |
| 11:45 |             | Kugel    | Kugel    |          |          |
| 12:00 |             |          |          | Weit     | Weit     |
| 12:00 |             | 60m EL   |          |          |          |
| 12:10 |             |          | 60m EL   |          |          |
| 12:25 |             |          |          | 60m EL   |          |
| 12:30 |             |          |          |          | 60m EL   |
| 13:00 |             | Weit     | Weit     |          |          |
| 13:15 |             |          |          | Kugel    | Kugel    |
| 13:25 |             | 200m ZL  |          |          |          |
| 13:40 |             |          | 200m ZL  |          |          |
| 14:00 |             |          |          | 200m ZL  |          |
| 14:10 |             |          |          |          | 200m ZL  |
| 14:20 |             | 800m ZL  | 800m ZL  | 800m ZL  | 800m ZL  |
| 14:30 |             | 400m ZL  | 400m ZL  |          |          |
| 14:35 |             |          |          | 400m ZL  | 400m ZL  |
|       |             |          |          |          |          |