# VFL GLADBECK 1921 E.V.
# ABTEILUNG LEICHTATHLETIK

## 1. Werfertag 2023

## 25.03.2023, 13:00 Uhr

## Zeitplan

| Uhrzeit | Männer +M35-45 | Senioren M50-85 | MJ U20 | MJ U18 | MJ U16 M14/15 | MJ U14 M12/13 | Frauen | Seniorinn. | WJ U20 | WJ U18 | WJ U16 W14/15 | WJ U14 W12/13 | Uhrzeit |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **13:00** | Kugel 1<br>2 + 3 | Speer 2<br>13 | Kugel 1<br>2 | Kugel 2<br>7 | Diskus 2<br>5 + 1 | Diskus 2<br>0 + 5 | | | | | Speer 1<br>6 + 7 | | **13:00** |
| **13:30** | | | | | | | | | | | | | **13:30** |
| **14:00** | Speer 1<br>2 + 2 | | Speer 1<br>2 | Speer 1<br>6 | | | Kugel 2<br>3 | Kugel 2<br>4 | Kugel 2<br>1 | Kugel 1<br>6 | | | **14:00** |
| **14:15** | | | | | | Speer 2<br>0 + 4 | | | | | Diskus 2<br>6 + 6 | Speer 2<br>0 + 4 | **14:15** |
| **14:45** | | Kugel 1<br>13 | | | | | | | | | | | **14:45** |
| **15:15** | | | | | Speer 2<br>5 + 3 | Kugel 2<br>1 + 6 | | | | | | | **15:15** |
| **15:30** | | | | | | | Diskus 1<br>3 | Diskus 2<br>4 | Diskus 1<br>1 | Diskus 2<br>3 | | Diskus 2<br>0 + 4 | **15:30** |
| **16:00** | Diskus 1<br>3 + 3 | | Diskus 1<br>2 | Diskus 1<br>6 | | | | | | | Kugel 1+2<br>9 + 9 | | **16:00** |
| **16:30** | | | | | | | | | | | | | **16:30** |
| **16:45** | | Diskus 2<br>M65-M85(7) | | | Kugel 2<br>5 + 4 | | Speer 2<br>2 | Speer 2<br>1 | Speer 2<br>1 | Speer 2<br>2 | | Kugel 1<br>0 + 6 | **16:45** |
| **17:00** | | Diskus 1<br>M50-M60(7) | | | | | | | | | | | **17:00** |

**25.03.2023**

Änderungen vorbehalten