

	13.09.2026																	erstellt	31.08.2026		
	Fünfkampf LVRR				Rahmenprogramm																
Zeit	Männer	Frauen	Zeit	M 11	M10	W 11	W 10	M/WJ U12	Zeit	M 13	M12	W 13	W 12	WJ U14 MJ U14	Zeit	M14/15 MJ U16	M U18 - Master	W14/15 WJ U16	W U18 - Master	Zeit	
10:00			10:00			50 m	50 m		10:00	Hoch AH 0,80		Weit 3			10:00					10:00	
10:10			10:10	50 m	50 m				10:10						10:10					10:10	
10:20			10:20						10:20						10:20	100 m				10:20	
10:25			10:25						10:25						10:25		100 m			10:25	
10:30			10:30						10:30						10:30			100 m		10:30	
10:35			10:35						10:35						10:35				100 m	10:35	
10:40			10:40						10:40			75 m	75 m		10:40					10:40	
10:45			10:45						10:45	75 m	75 m				10:45					10:45	
10:50			10:50						10:50						10:50	300 m		300 m		10:50	
11:00	Weitsprung 1	100 m	11:00	Weit 2		Ball 1			11:00						11:00					11:00	
11:10			11:10						11:10						11:10	4 x 100 m	4 x 100 m			11:10	
11:20		Hoch	11:20						11:20						11:20			4 x 100 m	4 x 100 m	11:20	
11:30			11:30						11:30	Weit 3				4 x 75 m	11:30					11:30	
11:40			11:40						11:40						11:40					11:40	
11:50	Speerwurf		11:50					4 x 50 m	11:50						11:50					11:50	
12:00			12:00	Ball 1		Weit 2			12:00						12:00	3x 1000 m				12:00	
12:10		Weitsprung 1	12:10						12:10						12:10			3 x 800 m		12:10	
12:20	200 m		12:20						12:20			Hoch AH 0,80			12:20					12:20	
12:30			12:30						12:30						12:30		200 m			12:30	
12:40			12:40						12:40						12:40				200 m	12:40	
12:50	Diskus	Kugel	12:50						12:50					3 x 800	12:50					12:50	
13:00			13:00					4 x 800 m	13:00						13:00					13:00	
13:10			13:10						13:10						13:10					13:10	
13:20		800 m	13:20						13:20						13:20					13:20	
13:30	1500 m		13:30						13:30						13:30					13:30	
13:45			13:45						13:45						13:45		5000 m		5000 m	13:45	
14:15			14:15						14:15						14:15					14:15	