Läuferabend Freital – Zeitplan

	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	Uhrzeit
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																17:20
17:25		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																	18:05
18:10							400 m		400 m		400 m		400 m		400 m		18:10
18:15								400 m		400 m		400 m		400 m		400 m	18:15
18:20																	18:20
18:25			2.000 m	2.000 m	2.000 m												18:25
18:30																	18:30
18:35																	18:35
18:40						3.000 m	3.000 m	3.000 m	3.000 m	3.000 m					3.000 m	3.000 m	18:40
18:45																	18:45
18:50																	18:50
18.55																	18.55
19:00											5.000 m	5.000 m	5.000 m	5.000 m			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