

**Ablaufplan Hans-Beins-Gedächtnis-Sportfest  
06. Mai 2023**

| Zeit  | M              | W    | MJU20      | MJU18      | WJU20      | WJU18      | M15        | M14        | W15        | W14        | M13        | M12        | W13        | W12        | M11        | M10        | W11        | W10        | Zeit  |
|-------|----------------|------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------|
| 14:00 |                |      |            |            |            |            |            |            | 80m Hü     | 80m Hü     |            |            |            |            | Weit 1 (4) | Weit 1 (1) | Weit 1 (3) | Weit 2 (7) | 14:00 |
| 14:10 |                |      |            |            |            |            |            |            |            |            | 60m Hü     | 60m Hü     | 60m Hü     | 60m Hü     |            |            |            |            | 14:10 |
| 14:20 |                |      |            |            |            |            |            |            | Hoch (2)   | Hoch (1)   |            |            |            |            |            |            |            |            | 14:20 |
| 14:30 |                |      |            |            |            |            | Kugel (1)  | Kugel (1)  |            |            | Kugel (0)  | Kugel (1)  | Kugel (1)  | Kugel (0)  |            |            |            |            | 14:30 |
| 14:55 |                |      |            |            |            |            |            |            |            |            |            |            |            |            | 50m        | 50m        | 50m        | 50m        | 14:55 |
| 15:00 |                |      |            |            |            |            |            |            | Weit 2 (7) | Weit 1 (6) |            |            |            |            |            |            |            |            | 15:00 |
| 15:20 | 100m           | 100m | 100m       | 100m       | 100m       | 100m       | 100m       | 100m       |            |            |            |            |            |            |            |            |            |            | 15:20 |
| 15:25 |                |      |            |            |            |            |            |            |            |            |            | Ball (1)   | Ball (1)   |            | Ball (3)   | Ball (1)   | Ball (3)   | Ball (7)   | 15:25 |
| 16:00 |                |      | Weit 2 (0) | Weit 2 (2) | Weit 2 (1) | Weit 2 (1) | Weit 2 (1) | Weit 2 (1) | 100m       | 100m       |            |            |            |            |            |            |            |            | 16:00 |
| 16:20 |                |      |            |            |            |            |            |            |            |            | 75 m       | 75 m       | 75 m       | 75 m       |            |            |            |            | 16:20 |
| 16:30 |                |      |            |            |            |            |            |            | Kugel (4)  | Kugel (5)  |            |            |            |            | 800m       | 800m       | 800m       | 800m       | 16:30 |
| 16:45 |                |      |            |            |            |            |            |            |            |            | Weit 2 (4) | Weit 2 (3) | Weit 2 (1) | Weit 2 (2) |            |            |            |            | 16:45 |
| 17:00 | 200m           | 200m | 200m       | 200m       | 200m       | 200m       |            |            |            |            |            |            |            |            |            |            |            |            | 17:00 |
| 17:30 |                |      |            |            |            |            |            |            | 800m       | 800m       |            |            |            |            |            |            |            |            | 17:30 |
| 18:00 |                |      |            |            |            |            |            |            |            |            | 2000m      | 2000m      | 2000m      | 2000m      |            |            |            |            | 18:00 |
| 18:20 | 400m           |      |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            | 18:20 |
| 18:30 | Wettkampfsende |      |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            | 18:30 |

| Zeit  | K U8               | MK U10               | WK U10               | Zeit  |
|-------|--------------------|----------------------|----------------------|-------|
| 14:00 | Schlagwurf         | 40m-Hindernissprint  | Medizinballstoßen    | 14:00 |
| 14:35 |                    | Medizinballstoßen    | 40m-Hindernissprint  | 14:35 |
| 14:40 | Einbeinhüpfstaffel |                      |                      | 14:40 |
| 15:10 | 30m-Sprint         | Weit 3 (in die Zone) | Weit 4 (in die Zone) | 15:10 |
| 15:50 |                    | T-Lauf               | T-Lauf               | 15:50 |

Stand 03.05.2023