

NRW-Hallen- und Winterwurfmeisterschaften 2019

SO

ZEITPLAN Sonntag, 3. Februar 2019

SO

| Uhrzeit | Männer | Frauen | MJ U20 | WJ U20 | MJ U18 | WJ U18 | Uhrzeit |
|---------|--------------|-------------|-------------|---------------------|----------------|-----------------------|---------|
| 10:00 | 5000m Gehen | 3000m Gehen | 5000m Gehen | 3000m Gehen Weit | 5000m Gehen | 3000m Gehen | 10:00 |
| 10:15 | | | | | Kugel | | 10:15 |
| 10:30 | Speer | Hammer | Stab | | Stab Hammer | 60 m V Hammer | 10:30 |
| 10:45 | | | | | 60 m V | | 10:45 |
| 11:00 | | | | 60 m V | | | 11:00 |
| 11:15 | | | 60 m V | | | | 11:15 |
| 11:20 | | Weit | | | | | 11:20 |
| 11:30 | Kugel | 60 m V | | | | Speer | 11:30 |
| 11:45 | 60 m V | | | | | | 11:45 |
| 12:00 | | | | | | 60 m Z | 12:00 |
| 12:10 | | | | | 60 m Z | | 12:10 |
| 12:20 | | | | 60 m Z | | | 12:20 |
| 12:30 | | | 60 m Z | | Diskus | | 12:30 |
| 12:40 | | 60 m Z | | | | | 12:40 |
| 12:45 | 60 m Z | | | | | | 12:45 |
| 12:50 | | | | | | Weit | 12:50 |
| 13:00 | 1500 m ZE | | 1500 m ZE | | | | 13:00 |
| 13:15 | | 1500 m ZE | | 1500 m ZE | | | 13:15 |
| 13:20 | | | Kugel | | | | 13:20 |
| 13:30 | | | | | 1500 m ZE | | 13:30 |
| 13:40 | | | | | | 1500 m ZE | 13:40 |
| 13:45 | | | | | Speer | | 13:45 |
| 13:55 | | | | | | 60 m F | 13:55 |
| 14:00 | Diskus | Stab | | | 60 m F | | 14:00 |
| 14:05 | | | | 60 m F | | | 14:05 |
| 14:10 | | | 60 m F | | | | 14:10 |
| 14:15 | | 60 m F | | | | | 14:15 |
| 14:20 | 60 m F | | | | | | 14:20 |
| 14:30 | 4 x 400m ZE | | Weit | | | | 14:30 |
| 14:35 | | | 3000 m ZE | | | | 14:35 |
| 14:45 | | | | | | | 14:45 |
| 15:00 | 3000 m ZE | Hoch 1 | Hoch 2 | | | | 15:00 |
| 15:15 | | | | | | 4 x 200m ZE Diskus | 15:15 |
| 15:40 | | | | | 4 x 200m ZE | | 15:40 |
| 16:00 | | | | 4 x 200m ZE | | | 16:00 |
| 16:10 | | | | | Weit | | 16:10 |
| 16:15 | | | | | Hoch 2 | | 16:15 |
| 16:20 | | | 4 x 200m ZE | | | | 16:20 |
| 16:40 | | 4 x 200m ZE | | | | | 16:40 |
| 17:00 | 4 x 200m ZE | | | | | | 17:00 |
| 17:20 | 3 x 1000m ZE | | | | | | 17:20 |
| 17:35 | | 3 x 800m ZE | | | | | 17:35 |