

ZEITPLAN - LIVE ERGEBNISSE



Finaler

Zeitplan Sonsbecker Sparkassen Trackmeeting - Samstag 10.05.2025

Zeit	M	MJU20	MJU18	MJU16	MU14	MU12	Frauen	WJU20	WJU18	WU16	WU14	WU12
10:00		110mH	110mH									
10:05	110mH											
10:20							100mH	100mH	100mH			
10:40				80mH								
10:50										80mH		
11:05					60mH						60mH	
11:00	Hochsprung (max 20 TN pro Anlage) AH 1,00m Anlage 2 & 1,38m Anlage 1 (Steigerung 3cm)											
12:00	100m VL	100m VL	100m VL	100m VL								
12:15							100m VL	100m VL	100m VL	100m VL		
12:40					75m						75m	
12:50						50m						50m
13:05	200m	200m	200m									
13:10							200m	200m	200m			
13:00	Hochsprung (max 20 TN pro Anlage) AH 1,25m Anlage 2 & 1,52m Anlage 1 (Steigerung 3 cm, ab 1,70m 2cm)											
14:00							100m Finale	100m Finale	100m Finale	100m Finale		
14:05	100m Finale	100m Finale	100m Finale	100m Finale								
14:15										300m		
14:25				300m								
14:30							Speer	Speer	Speer	Speer	Speer	
14:40							400m	400m	400m			
14:45	400m	400m	400m									
14:55				2000m	2000m	2000m				2000m	2000m	2000m
15:00	Hochsprung (max 20 TN pro Anlage) AH 1,69 m Anlage 1 (Steigerung 3 cm, ab 1,90m 2cm)											
16:00	Speer	Speer	Speer	Speer	Speer							
16:20						800m						800m
16:35	800m	800m	800m	800m	800m		800m	800m	800m	800m	800m	
16:50	1500m	1500m	1500m									
16:55							1500m	1500m	1500m			
17:05	3000m	3000m	3000m	3000m								
17:20							3000m	3000m	3000m	3000m		

* LVN Region Nord Meisterschaften **W/M14 = 2000m & W/M15 = 3000m



SV 1919
Sonsbeck e.V.
...gemeinsam stark!



Janßen
SEIT 1983 MIT HERZ & VERSTAND!



Sparkasse
am Niederrhein