# Rahmenzeitplan HM Block 2023

## Sonntag, 16. Juli

| Klasse | M15 | M15 | M15 | M14 | M14 | M14 | W13 | W13 | W13 | W12 | W12 | W12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Block | Lauf | Sprint/Sprung | Wurf | Lauf | Sprint/Sprung | Wurf | Lauf | Sprint/Sprung | Wurf | Lauf | Sprint/Sprung | Wurf |
| Riege | 13 (6) | 14 (13) | 15 (9) | 16 (9) | 17 (15) | 18 (8) | 19 (42) | 20 (29) | 21 (16) | 22 (42) | 23 (26) | 24 (17) |
| Disziplinen | 100m | 100m | 100m | 100m | 100m | 100m | 75m | 75m | 75m | 75m | 75m | 75m |
| | 80m Hü | 80m Hü | 80m Hü | 80m Hü | 80m Hü | 80m Hü | 60m Hü | 60m Hü | 60m Hü | 60m Hü | 60m Hü | 60m Hü |
| | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit |
| | Ball (200g) | Hoch | Kugel (4kg) | Ball (200g) | Hoch | Kugel (4kg) | Ball (200g) | Hoch | Kugel (3kg) | Ball (200g) | Hoch | Kugel (3kg) |
| | 2000m | Speer (600g) | Diskus (1kg) | 2000m | Speer (600g) | Diskus (1kg) | 800m | Speer (400g) | Diskus (0,75kg) | 800m | Speer (400g) | Diskus (0,75kg) |
| | | | | | | | | | | | | |
| 10:00 | Weit 1 | Hoch 1+2 | Kugel | Weit 2 | | | Ball 1+2 | | | 60m Hü | | |
| 10:15 | | | | | Weit 3 | | | 60m Hü | | | 60m Hü | |
| 10:30 | | | | | | | | | 60m Hü | | | |
| 10:45 | | | | | | | | | | | | 60m Hü |
| 11:00 | | | | | | Kugel | | | | Weit 1+2 | | |
| **Ablaufreihenfolge** | | | | | | | | Hoch 1+2 | | | Weit 3 | |
| | Ball 1 | | | Ball 2 | | | 60m Hü | | Kugel | | | |
| | | 80m Hü | | | | | | | | | | |
| | | | | | 80m Hü | | | | | | | |
| | | | 80m Hü | | | 80m Hü | | | | | | Kugel |
| | 80m Hü | | | | | | | | | | | |
| | | Weit 1+2 | | 80m Hü | | | | | | Ball 1+2 | | |
| | | | | | Hoch 1 | | | | | | | |
| | | | Diskus | | | | | | | | Hoch 2 | 75m |
| | | | | | | Weit 3 | Weit 1+2 | | 75m | | | |
| | | | | | | | | 75m | | | | |
| | | | | | | | | | | | | |
| | | Speer | | | | | | | | | | |
| | 100m | | | 100m | | | | | Diskus | | | Weit 3 |
| | | | 100m | | | | | Weit 1+2 | | | | |
| | | | | | Speer | | | | | | | |
| | | | | | | Diskus | | | | 75m | | |
| | | | | | | | 75m | | | | Speer | |
| | 2000m | | | 2000m | | | | | | | | |
| | | | | | | | | | | | | |
| | | | Weit 1 | | | | | | Weit 3 | | | Diskus |
| | | 100m | | | 100m | | | | | | | |
| | | | | | | 100m | 800m | Speer | | | | |
| | | | | | | | | | | 800m | | |
| | | | | | | | | | | | 75m | |
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