

Regionsmeisterschaft LVN Region Nord U16, U18, U20, M/F
Rhede, 10. Mai 2026, im Besagroup-Sportpark

Zeitplan

Zeit	WU16	WU18	WU20	Fr	MU16	MU18	MU20	Mä	Zeit
11:00	80mH		Kugel	Kugel	Hoch	Hoch	Hoch	Hoch	11:00
11:10					80mH	Speer	Speer	Speer	11:10
11:20	Weit 1+2	100mH							11:20
11:30			100mH						11:30
11:40				100mH					11:40
11:50		Kugel				110mH			11:50
12:00					Speer		110mH		12:00
12:10		Hoch	Hoch	Hoch				110mH	12:10
12:20	100m VL								12:20
12:30						Diskus	Diskus	Diskus	12:30
12:40		100m VL				Weit1	Weit 1	Weit 1	12:40
12:50			100mVL						12:50
13:00	Kugel			100mVL	Kugel				13:00
13:10					100mVL				13:10
13:20		Diskus	Diskus	Diskus		100mVL			13:20
13:30							100mVL		13:30
13:40		Weit 1						100mVL	13:40
13:50	100mF								13:50
14:00	Speer	100mF			Speer				14:00
14:10			100mF						14:10
14:20	Hoch			100mF					14:20
14:30					100mF				14:30
14:40			Weit 1	Weit 1		100mF			14:40
14:50							100mF		14:50
15:00								100mF	15:00
15:15	800m	800m	800m	800m					15:15
15:30					800m	800m	800m	800m	15:30
15:30						Kugel	Kugel	Kugel	15:30
15:40		400m	400m	400m					15:40
15:50						400m	400m	400m	15:50
16:10					Weit 1+2				16:10
16:20	300m	Speer	Speer	Speer					16:20
16:30					300m				16:30
16:40	Diskus	200m			Diskus				16:40
16:50			200m	200m					16:50
17:00						200m			17:00
17:10							200m	200m	17:10
17:20									17:20
17:30									17:30
17:45	4x100m	4x100m	4x100m	4x100m					17:45
17:50									17:50
18:00					4x100m	4x100m	4x100m	4x100m	18:00

Stand: 04.05.2026