7. Abendsportfest TV Bedburg
01.07.2020
Josef Balduin Arena. Herderstr. 1, 50181 Bedburg
Meldung über LANET oder per Mail
www.bedburger-sportfest.de

Zeit	Bambini M/W	W U 14	W U16	W U18	W U20	Frauen + AK	M U14	M U16	M U18	M U20	Männer + AK
16:50	30m										
16:55	50m										
17:05		75m					75m				
17:20								300 Hürden			
17:25			300 Hürden			300 Hürden W50+55					300 Hürden M60+65
17:35				400 Hürden	400 Hürden	400 Hürden F-W45					
17:40									400 Hürden		400 Hürden M50-M55
17:45										400 Hürden	400 Hürden M-M45
18:00			100m	100m	100m	100m					
18:15								100m	100m	100m	100m
18:30		800m	800m	800m	800m	800m					
18:40							800m	800m	800m	800m	800m
18:55								80 Hürden			
19:00			80 Hürden			80 H W40-55					
19:10			4x100m	4x100m	4x100m	4x100m		4x100m	4x100m	4x100m	4x100m
19:20				400m	400m	400m					
19:25									400m	400m	400m
19:30											
19:35			300m					300m			
19:40				200m	200m	200m					
19:55									200m	200m	200m
20:10			3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m
20:30											