

Offene Nordrhein Hallenmeisterschaften Senioren 8. Januar 2023 - Endgültiger ZEITPLAN

| Uhrzeit | M30 + M35 | M40 + M45 | M50 + M55 | M60 + M65 | M70 + M75 | M80 + M85 | W30 + W35 | W40 + W45 | W50 + W 55 | W60 + W65 | W70/75/80 | Uhrzeit |
|---------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|-------------------|------------------|------------------|---------|
| 09:30 | Weit 1 | Weit 1 | Weit 2 | | | | Kugel | Kugel | Kugel | Kugel | Kugel | 09:30 |
| 09:30 | | | | | 60m Hürden | | | | 60m Hürden | | | 09:30 |
| 09:40 | | | | 60m Hürden | | | | 60m Hürden | | | | 09:40 |
| 09:50 | | | 60m Hürden | | | | 60m Hürden | | | | | 09:50 |
| 10:00 | 60m Hürden | 60m Hürden | | | | | | | | | | 10:00 |
| 10:10 | | | | | 60m ZE | 60m ZE | | | | | | 10:10 |
| 10:20 | | | | 60m ZE | | | | | | | | 10:20 |
| 10:30 | | | | | | | | | 60m ZE | 60m ZE | 60m ZE | 10:30 |
| 10:40 | | | | | | | 60m ZE | 60m ZE | | | | 10:40 |
| 10:45 | | | 60m ZE | | | | | | | | | 10:45 |
| 11:00 | 60m ZE | 60m ZE | | | | | | | | | | 11:00 |
| 11:00 | Stab | Stab | Stab | Stab | Stab | | Stab | Stab | Stab | Stab | | 11:00 |
| 11:00 | | | | Weit 1 | Weit 1 | | Weit 2 | Weit 2 | | | | 11:00 |
| 11:05 | | | | | | | | | | | | 11:05 |
| 11:10 | | | | | | | | | | | | 11:10 |
| 11:15 | 3000m Bahngehen | | | | | | | | | | | 11:15 |
| 11:30 | | | | | | Kugel | | | | | | 11:30 |
| 11:30 | Hoch 1 | Hoch 1 | Hoch 1 | Hoch 2 | | | | | | | | 11:30 |
| 12:00 | 200 m ZE | 200 m ZE | | | | | | | | | | 12:00 |
| 12:05 | | | 200 m ZE | | | | | | | | | 12:05 |
| 12:15 | | | | | Kugel | | | | Weit 2 | | | 12:15 |
| 12:20 | | | | | | | | | | | | 12:20 |
| 12:30 | | | | 200m ZE | | Weit 1 | | | | Weit 1 | Weit 1 | 12:30 |
| 12:40 | | | | | 200m ZE | | | | | | | 12:40 |
| 12:50 | | | | | | | | | | | | 12:50 |
| 12:55 | | | | | | 200m ZE | | | | | | 12:55 |
| 13:00 | | | | | Hoch 2 | Hoch 2 | Hoch 1 | Hoch 1 | Hoch 1 | | | 13:00 |
| 13:00 | | | | | | | | | | | | 13:00 |
| 13:05 | Kugel | Kugel | | | | | | | | | | 13:05 |
| 13:10 | | | | | | | 200m ZE | | | | | 13:10 |
| 13:20 | | | | | | | | 200m ZE | | | | 13:20 |
| 13:30 | Drei | Drei | Drei | Drei | Drei | Drei | Drei | Drei | Drei | Drei | Drei | 13:30 |
| 13:30 | | | | | | | | | 200m ZE | | | 13:30 |
| 13:40 | | | | | | | | | | 200m ZE | 200m ZE | 13:40 |
| 13:50 | 800 m ZE | | | | | | | | | | | 13:50 |
| 13:55 | | 800 m ZE | | | | | | | | | | 13:55 |
| 14:00 | | | Kugel 800m | | | | | | | | | 14:00 |
| 14:15 | | | | 800 m ZE | | | | | | | | 14:15 |
| 14:20 | | | | | 800 m ZE | 800 m ZE | | | | Hoch | Hoch | 14:20 |
| 14:35 | | | | | | | 800 m ZE | 800 m ZE | 800 m ZE | | | 14:35 |
| 14:45 | | | | | | | | | | 800 m ZE | 800 m ZE | 14:45 |
| 15:00 | | | | Kugel | | | | | | | | 15:00 |
| 15:05 | 4x200m ZE | 4x200m ZE | | | | | | | | | | 15:05 |
| 15:15 | | | 4x200m ZE | 4x200m ZE | 4x200m ZE | 4x200m ZE | | | | | | 15:15 |
| 15:25 | | | | | | | 4x200m ZE | 4x200m ZE | | | | 15:25 |
| 15:35 | | | | | | | | | 4x200m ZE | 4x200m ZE | 4x200m ZE | 15:35 |
| | M30 + M35 | M40 + M45 | M50 + M55 | M60 + M65 | M70 + M75 | M80 + M85 | W30 + W35 | W40 + W45 | W50 + W 55 | W60 + W65 | W70/75/80 | |