# Hessische Nachwuchsmehrkampfmeisterschaften
# Hessische Seniorenmehrkampfmeisterschaften

Frankfurt-West, 09.07.2022

- Zeitplan -

| | Jahnwettkämpfe | | | | | | Deutsche Mehrkämpfe | | | | | | Leichtathletische Einzel- und Mehrkämpfe | | Schwimm-mehrk. | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Riege | 101 | 102 | 103 | 104 | 105 | 106 | 201 | 202 | 203 | 204 | 205 | 206 | 401 | 402 | 501 | Riege |
| WK-Nr. | 41708 (1)<br>41709 (1) | 41710 (3)<br>41711 (3) | 41808 (1) | 41809 (2) | 41810 (4) | 41811 (2) | 42708 (1)<br>42709 (1) | 42710 (2)<br>42711 (1) | 42808 (5) | 42809 (6) | 42810 (5) | 42811 (3) | 441xx (5)<br>442xx (1)<br>443xx (7)<br>444xx (1)<br>445xx (5) | 44708 (1)<br>44709 (2)<br>44711 (2)<br>44808 (1)<br>44810 (2)<br>44811 (2) | 45710 (1)<br>45711 (1)<br>45810 (1)<br>45811 (1) | WK-Nr. |
| Anzahl | 2<br>P 4 | 6<br>P 5 | 1<br>P 5 | 2<br>P 5 | 4<br>P 5 | 2<br>LK 4 | 2<br>P 4 | 3<br>P 5 | 5<br>P 5 | 6<br>P 5 | 5<br>P 5 | 3<br>LK 4 | 19 | 10 | 4 | Anzahl |

| Uhrzeit | 101 | 102 | 103 | 104 | 105 | 106 | 201 | 202 | 203 | 204 | 205 | 206 | 401 | 402 | 501 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | | | | | | | | | |
| 08:15 | | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | | |
| 08:45 | | | | | | | | | | | | | | | |
| 09:00 | Erwärmung | | | | | | Erwärmung | | | | | | | | |
| 09:15 | | | | | | | | | | | | | | | |
| 09:30 | Boden | | Stufenbarren | | | | Boden | | Sprung | | Boden | | Schl.ball | | |
| 09:45 | | | | | | | | | | | | | | | |
| 10:00 | Barren | | Boden | | | | Barren | | Stufenbarren | | Sprung | | | | |
| 10:15 | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | Reck | | Boden | | Stufenbarren | | | | |
| 10:45 | | | | | | | | | | | | | | | |
| 11:00 | 50 m | | | | | | | | | | | | Kugel | | |
| 11:15 | | | | | | | | | | | | | | 50 m | |
| 11:30 | Ballwurf | | | | | | 50 m | | | | | | | Weit | |
| 11:45 | | | | | | | | | | | | | Sprint | | |
| 12:00 | | | | | | | | | | | | | Weit | | |
| 12:15 | | | | | | | Ball | | Ball | | | | | | |
| 12:30 | | | | | | | | Weit | | | Weit | | | | |
| 12:45 | | | | | | | | | | | | | | Ball | Schwimmen/Springen zusammen mit Jahnkampf |
| 13:00 | Schwimmen und Kunstspringen zusammen mit Schwimmmehrkampf | | | | | | Weit | | Weit | | | | Steinst. | | |
| 13:15 | Kunstspringen in zwei Gruppen (Mädchen/Jungen); Schwimmläufe parallel zum Einspringen | | | | | | | Ball | | | Ball | | | | |
| 13:30 | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | |
| 16:30 | Die Zeitplanung der leichtathletischen Disziplinen ist als Rahmenzeitplan zu betrachten. Wir behalten uns kurzfristige Änderungen nach Aufruf vor! | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | |