





Zeitplan

Ist bei www.ladv.de und auf der Homepage www.braunschweiger-laufclub.com veröffentlicht. Änderungen vorbehalten.

|  | U10 | U12 | U14 | U16 | U18 | U20 | Mä/Fr | |
|---|---|----------------|---|--------|--------|--------|---|--|
| 13:00 | 50m | 50m | | | | | | |
| 13:15 | | | 75m | | | | | |
| 13:30 | | | | 100m | 100m | 100m | 100m | |
| 13:45 | 4x50m | 4x50m | | | | | | |
| 14:00 | | | 4x75m | | | | | |
| 14:15 | | | | 4x100m | 4x100m | 4x100m | 4x100m | |
| 14:30 | | | | | | 4x400m | 4x400m | |
| 14:45 | | | | | | 4x400m | Mixed Staffel | |
| 15:00 | 800m | Hindernis Lauf |  | | | | | |
| 16:00 | 800m | 800m | | | | | | |
| 16:30 | | | 800m | 800m | | | | |
| 17:00 | | | | | 800m | 800m | 800m | |
| 17:30 | Interview mit dem Karriere-Team der Polizei Niedersachsen | | | | | |  | |
| 18:00 | 1.600m | Hindernis Lauf |  | | | | | |
| 18:30 | 5.000m | Lauf | | | | | | |