

Rahmenzeitplan**Stadtmeisterschaften Bahnlauf (Stadtrangliste) am 25.04.2026****Offene SM- Block MK und Rahmenwettbewerbe**

(Stand: 17.02.2026)

| | Bahnlauf - Stadtrangliste | Rahmenwettbewerbe | Rahmenwettbewerbe | |
|--------------|----------------------------------|----------------------------------|--------------------------|--------------|
| Zeit | W/M U 10 - Senioren/innen | W U 18 - Frauen/ Block MK | M U 18 - Männer | Zeit |
| 09:30 | | 80m Hürden BL - MK | 80m Hürden BL- MK | 09:30 |
| 09:55 | 3000m M/W 75 - 85 | | | 09:55 |
| 10:20 | 5000m - W 50 - W 70 | Weit Block - MK | Weit Block - MK | 10:20 |
| 11:10 | 5000m - WU 18 - W 45 | | | 11:10 |
| 11:40 | 5000m - MU 18 - M 30 | Kugel - W U 16 - Frauen | Kugel - M U 16 - Männer | 11:40 |
| 11:50 | | Hoch BL - MK | Hoch Block - MK | 11:50 |
| 12:05 | | 600 m | 600 m | 12:05 |
| 12:15 | 2000m MU 10/12 | | | 12:15 |
| 12:30 | 2000 m - M U 14/16 | - | - | 12:30 |
| 12:45 | 2000 m - W U 10/12 | - | - | 12:45 |
| 13:00 | 2000m WU 14/16 | | | 13:00 |
| 13:10 | | 100m Block - MK | | 13:10 |
| 13:25 | | | 100m Block - MK | 13:25 |
| 13:40 | | 150 m | 150 m | 13:40 |
| 13:55 | 5000m - M 55 - 70 | Diskus Block - MK | Diskus Block MK | 13:55 |
| 14:10 | | Speer/Ball Block - MK | Speer/Ball Block - MK | 14:10 |
| 14:35 | 5000m - M 35 - 40 | - | - | 14:35 |
| 15:05 | 5000m - M 45 - 50 | | | 15:05 |
| 15:35 | | 2000m Block MK | 2000m Block MK | 15:35 |
| 15:55 | | 300 m | 300 m | 15:55 |

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