



Leichtathletik Spvgg. Herten e.V.

Zeitplan für die Kreis-Crosslaufmeisterschaften am 22.03.2020

| Startklasse | | Altersklasse | Strecke | Länge | Rd. | Zeit | Lauf |
|-------------|-----------|--------------|---------|--------|-----|---------|------|
| Mannschaft | Einzel | | | | | | |
| 1 | 1 bis 8 | M50 bis M85 | blau | 4500 m | 3 | 11:00 h | 1 |
| 2 | 9 | Frauen | | | | | |
| | 10 bis 20 | W30 bis W80 | | | | | |
| 3 | 21 | Männer | | | | | |
| 4 | 22 | W12 | blau | 1650 m | 1 | 11:45 h | 2 |
| | 23 | W13 | | | | | |
| 5 | 24 | M12 | blau | 1650 m | 1 | 12:00 h | 3 |
| | 25 | M13 | | | | | |
| 6 | 26 | WJ U18 | blau | 3100 m | 2 | 12:15 h | 4 |
| 7 | 27 | WJ U20 | | | | | |
| 8 | 28 | MJ U18 | | | | | |
| 9 | 29 | MJ U20 | | | | | |
| 10 | 30 | W10 | grün | 1350 m | 1 | 12:45 h | 5 |
| | 31 | W11 | | | | | |
| 11 | 32 | M10 | grün | 1350 m | 1 | 13:00 h | 6 |
| | 33 | M11 | | | | | |
| 12 | 34 | W14 | grün | 2500 m | 2 | 13:15 h | 7 |
| | 35 | W15 | | | | | |
| 13 | 36 | M14 | grün | 2500 m | 2 | 13:35 h | 8 |
| | 37 | M15 | | | | | |
| 14 | 38 | Männer | blau | 8750 m | 6 | 13:55 h | 9 |
| 15 | 39 | M30 | | | | | |
| | 40 | M35 | | | | | |
| 16 | 41 | M40 | | | | | |
| | 42 | M45 | | | | | |