# Zeitplan gemeinsame Landesmeisterschaften Senioren
# am 02. Juni 2019 in Flensburg

| M30 | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 + | Uhrzeit | W30 | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 + |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | Kugel | Kugel | | | | 11:00 | 100m | 100m | 100m | 100m | Diskus | Diskus | Diskus | Diskus | Diskus |
| | | | | | | | | | 11:15 | | | | | 100m | 100m | 100m | 100m | 100m |
| | | | | 100m | 100m | 100m | 100m | | 11.30 | | | | | | | | | |
| | | | | | | | | 100m | 11:45 | | | | | | | | | |
| 100m | 100m | 100m | 100m | | | Kugel | Kugel | | 12:00 | Diskus | Diskus | Diskus | Diskus | | | | | |
| | | | | | | | | Speer | 12:25 | | | | | | | | | |
| | | | | | | | | | 12:30 | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit | Weit |
| 4x100m-Staffeln | | | | | | | | | 12:40 | 4x100m-Staffeln | | | | | | | | |
| Kugel | Kugel | Kugel | Kugel | | | | | Hoch | 13:00 | 800m | 800m | 800m | 800m | 800m | 800m | 800m | 800m | 800m |
| | | | | Diskus | Diskus | | | | 13:10 | | | | | | | | | |
| 800m | 800m | 800m | 800m | 800m | 800m | 800m | 800m | 800m | 13:15 | | | | | | | | | |
| | | | | | | | | | 13:55 | Speer | Speer | Speer | Speer | Speer | Speer | Speer | Speer | Speer |
| 200m Hoch | 200m Hoch | 200m Hoch | 200m Hoch | | | | | | 14:00 | Kugel | Kugel | Kugel | Kugel | | | | | |
| | | | | 200m | 200m | 200m | 200m | 200m | 14:15 | | | | | | | | | |
| | | | | Weit | Weit | Weit | Weit | | 14:30 | 200m | 200m | 200m | 200m | 200m | 200m | 200m | 200m | 200m |
| Speer | Speer | Speer | Speer | | | Speer | Speer | | 14:40 | | | | | | | | | |
| 5000m | 5000m | 5000m | 5000m | 5000m | 5000m | 5000m | | | 15:00 | Hoch | Hoch | Hoch | Hoch | Hoch Kugel | Hoch Kugel | Hoch Kugel | Hoch Kugel | Hoch Kugel |
| | | | | | | | | Diskus | 15:25 | | | | | | | | | |
| | | | | | | | | Weit | 15:30 | 5000m | 5000m | 5000m | 5000m | 5000m | 5000m | 5000m | 5000m | 5000m |
| | | | | Hoch | Hoch | Hoch | Hoch 5000m | 5000m | 16:00 | | | | | | | | | |
| | | | | | | | | Kugel | 16:20 | | | | | | | | | |
| | | | | Speer | Speer | | | | 16:25 | | | | | | | | | |
| Weit | Weit | Weit | Weit | | | | | | 16:30 | | | | | | | | | |
| | | | | | | | | | 16:45 | 400m | 400m | 400m | 400m | 400m | 400m | 400m | 400m | 400m |
| | | | | | | | 400m | 400m | 17:00 | | | | | | | | | |
| Diskus | Diskus | Diskus | Diskus | 400m | 400m | 400m Diskus | Diskus | | 17:10 | | | | | | | | | |
| 400m | 400m | 400m | 400m | | | | | | 17:20 | | | | | | | | | |