

Zeitplan Läuferntag Bad Kreuznach

17. Jul 21

| Uhrzeit | Strecke | Laufnummer | |
|---------|---------|------------|--------------|
| 14:00 | 200m | | |
| 14:05 | 200m | | |
| 14:10 | 200m | | |
| 14:15 | 200m | | |
| 14:20 | 400m | | |
| 14:25 | 400m | | |
| 14:30 | 400m | | |
| 14:35 | 400m | | |
| 14:40 | 800m | | |
| 14:50 | 800m | | |
| 15:00 | 800m | | |
| 15:10 | 800m | | |
| 15:20 | 1500m | | |
| 15:30 | 1500m | | |
| 15:40 | 1500m | | |
| 15:50 | 2000m | | |
| 16:00 | 3000m | | |
| 16:15 | 3000m | | |
| 16:30 | 5000m | | |
| 17:00 | 5000 m | | bis 18:00min |