

Ablaufplan Mehrkampf 2024

Geb. / AK

| 2017 | 2017 | 2016 | 2016 | 2015 | 2015 | 2014 | 2014 | 2013 | 2013 | 2012 | 2012 | 2011 | 2011 | 2010 | 2010 | 2009 | 2009 | Ab 08 | Ab 08 |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--------|--------|
| 7 m | 7 w | 8 m | 8 w | 9 m | 9 w | 10 m | 10 w | 11 m | 11 w | 12 m | 12 w | 13 m | 13 w | 14 m | 14 w | 15 m | 15 w | 16 m - | 16 w - |
| | Ball | | Ball | | | | | | Weit | | Weit | | | | | 30 | | 30 | |
| | | | | Ball | | Ball | | 30 | | 30 | | | | | | | Weit | | Weit |
| Weit | | Weit | | | Ball | | Ball | | | | | 30 | | 30 | | | | | |
| | 30 | | 30 | | | | | | Ball | | Ball | | Weit | | Weit | | | | |
| | | | | | | | | Ball | | Ball | | | | | | Weit | 30 | Weit | 30 |
| Ball | | Ball | | | 30 | | 30 | | | | | Weit | | Weit | | | | | |
| | | | | 30 | | 30 | | Weit | | Weit | | | Ball | | Ball | | | | |
| | Weit | | Weit | | | | | | 30 | | 30 | | | | | | Ball | | Ball |
| 30 | | 30 | | | Weit | | Weit | | | | | Ball | | Ball | | | | | |
| | | | | Weit | | Weit | | | | | | | 30 | | 30 | Ball | | Ball | |

Rundenlauf

3 Runden: AK 7m - 7w - 8m - 8w - 9m - 9w - 10m - 10w - 11m - 11w - 12m - 12w - 13m - 13w

AK 7 - 14m/w 2 kg

6 Runden: AK 14m - 14w - 15m - 15w - 16/17m - 16/17w - 18/19m - 18/19w - Mä. - Fr.

AK 15 - Erw. 3 kg