**SHM / KM Hammer 2019 am 20.06.2019 in Fränkisch-Crumbach**

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| **Zeit** | | | | | **Zeit** |
| 10:00 | alle männlichen AK | | | | 10:00 |
| 10:30 | | | | | 10:30 |
| 11:00 | | | | | 11:00 |
| 11:30 | alle weiblichen AK | | | | 11:30 |
| 12:00 | | | | | 12:00 |
| 12:30 | | | | | 12:30 |
| 14:00 | | | | | 14:00 |
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