

VETERAN-ISM

1-3 MARS 2019

Tidsprogram lördag 2 mars 2019

	60m	400m	1500m	Höjd	Vikt	
09:00	M65 (10) fö				K65-85, M80-85	09:00
09:05					5,45 kg / 4 kg (K75-)	09:05
09:10	M45 (13) fö				(1+4+0+1+1+3+2)	09:10
09:15				M65-70	Antal 12 st	09:15
09:20	K50 (9) fö			(2+9)		09:20
09:25				Antal 11 st		09:25
09:30	M50 (10) fö					09:30
09:40	K40 (11) fö					09:40
09:50	M55 (13) fö					09:50
10:00	K45 (10) fö					10:00
10:05					M60-65	10:05
10:10					9,08 kg	10:10
10:15	M60 (5)				(3+5)	10:15
10:20	M35 (8)					10:20
10:25	K35 (7)			M75-80		10:25
10:30	M40 (8)			(4+2)		10:30
10:35	M80 (4)					10:35
10:40	M70 (8)					10:40
10:45	M75 (8)					10:45
10:50	K55+K60 (1+7)				M70-75	10:50
10:55	K65+K75 (3+3)				(9+4)	10:55
11:00	K70+K80 (2+1)					11:00
11:10	M65 Final					11:10
11:15	M50 Final					11:15
11:20	M55 Final					11:20
11:25	M45 Final			M50-60		11:25
11:30	K40 Final			(4+4+3)		11:30
11:35	K50 Final			Antal 11 st		11:35
11:40	K45 Final					11:40
11:55					K50 (8)	11:55
12:00	INVIGNING				7,26 kg	12:00
12:20		K70 (4)				12:20
12:30		K65+K75 (3+1)				12:30
12:35				K55-K80		12:35
12:40		K60 (5)		(2+2+0+1+2+1)	K55-60	12:40
12:45				Antal 8 st	(6+1)	12:45
12:50					7,26 kg / 5,45 kg	12:50
12:55		K55 (4)				12:55

VETERAN-ISM

1-3 MARS 2019



Tidsprogram lördag 2 mars 2019

	60m	400m	1500m	Höjd	Vikt	
13:00		K50 (2)				13:00
13:05		K45 (7)				13:05
13:15		K40 (6)				13:15
13:20					K40 (6)	13:20
13:25		K35 (3)			9,08 kg	13:25
13:30		M75 (8)				13:30
13:40		M70 (9)				13:40
13:45				M35-45		13:45
13:50		M80 (2)		(1+2+10)		13:50
13:55		M65 (8)		Antal 13 st	M55 (7)	13:55
14:00					11,34 kg	14:00
14:05		M60 (7)				14:05
14:15		M55 (8)				14:15
14:25		M50 (6)				14:25
14:35					M50 (10)	14:35
14:40		M45 (6)			11,34 kg	14:40
14:50		M40 (5)				14:50
14:55		M35 (7)				14:55
15:15			M75-85 (3+2+1)			15:15
15:25			M70 (6)	K35-40	M35-45	15:25
15:30				(5+3)	(3+2+6)	15:30
15:35			M65 (7)	Antal 8 st	15,88 kg	15:35
15:45			M60 (4)			15:45
15:55			M55 (6)			15:55
16:05			M50 (10)			16:05
16:15			M45 (8)			16:15
16:20					K35+K45	16:20
16:25			M40 (8)		(3+7)	16:25
16:30				K45-50	9,08 kg	16:30
16:35			M35 (4)	(3+3)		16:35
16:40				Antal 6		16:40
16:45			K60-65 (4+2)			16:45
16:55			K70-80 (4+0+1)			16:55
17:05			K45-55 (5+2+7)			17:05
17:15	Stafett 4x200m		K35-40 (1+5)			17:15
17:45	K35					17:45
17:50	M35					17:50
17:55	M40					17:55
18:00	M45					18:00
18:05	M50					18:05
18:10	K40					18:10