

VETERAN-ISM

1-3 MARS 2019



Tidsprogram söndag 3 mars 2019

	60m häck	200m	800m	Stav	Tresteg	Kula	
09:00	K60-70 (2+1+1)			M40-55		K55-60	09:00
09:05				(1+5+5+3)		(9+1)	09:05
09:10	K50, M70-75					3 kg	09:10
09:15	(3+1+3)						09:15
09:20	M60-65 (4+1)						09:20
09:30	K40-45 (2+4)						09:30
09:40	K35, M55 (2+3)						09:40
09:50	M50 (7)						09:50
10:00	M40-45 (4+4)					K50 14 st	10:00
10:05						3 kg	10:05
10:10	M35 (3)						10:10
10:25		M80 (4)					10:25
10:30		M50 (11)			M35-45		10:30
10:45		M55 (13)			(4+4+8)		10:45
10:50						K35-K40	10:50
10:55						(5+6)	10:55
11:00						4 kg	11:00
11:05		M60 (6)					11:05
11:15		M45 (10)		M60-80			11:15
11:20				(3+3+4+5+2)			11:20
11:30		M75 (8)					11:30
11:40		M70 (7)					11:40
11:45						K45 10 st	11:45
11:50		M65 (8)				4 kg	11:50
11:55					M50-55		11:55
12:00		M40 (5)			(5+3)		12:00
12:10		M35 (5)					12:10
12:20		K65+K75-80					12:20
		(1+2+1)					
12:25		K70 (4)					12:25
12:30		K55+K60 (2+5)				M60 6 st	12:30
12:35						5 kg	12:35
12:40		K50 (6)					12:40
12:45							12:45

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	60m häck	200m	800m	Stav	Tresteg	Kula	
12:55		K45 (11)		K35-K70			12:55
13:00				(1+1+3+2+			13:00
13:05				1+1+1)	M60-M70		13:05
13:10		K40 (8)			(3+2+6)		13:10
13:20		K 35 (6)					13:20
13:25						M50	13:25
13:30						12 st	13:30
13:35						6 kg	13:35
13:45			M75 (5)				13:45
13:50			M70 B-heat (11)				13:50
13:55			M70 A-heat		M75+M90	M55	13:55
14:00			M65 (8)		(4+1)	11 st	14:00
14:05						6 kg	14:05
14:15			M60 (7)				14:15
14:20			M50 B-heat (14)				14:20
14:25			M50 A-heat				14:25
14:35			M55 B-heat (12)			M45 10 st	14:35
14:40			M55 A-heat			7,26 kg	14:40
14:45			M45 (6)				14:45
14:55			M40 (5)		K35-K75		14:55
15:00			K45 (5)		(2+2+3+2+3+		15:00
15:05			M35 (7)		1+1+1+1)		15:05
15:15			K70-80 (4+1+1)				15:15
15:20			K60-65 (5+3)			M35-40	15:20
15:25			K50-55 (3+7)			(4+8)	15:25
15:30			K35-40 (1+8)			Totalt 12	15:30
15:35						7,26 kg	15:35