

Tids-schema

NORDIC GYM GAMES TISDAG 26 FEBRUARI 2019

<u>TIDER</u>	<u>LÖPNING</u>	<u>LÄNGD</u>	<u>TRESTEG</u>	<u>KULA</u>	<u>VIKT</u>
18.20		M+K			
.30				K+F17+	
				P15+F15	
19.00	60 mH	P19+P17+K			
.10	60 mH	F17+F15		M+P19+P17	
.20	60 m	Mvet+P15			
.25	60 m	K			
.30	60 m	K U			
.40	60 m	F17+F15			
.45	60 m	M U	M+K+P15		
.50	60 m	P17			
.55	60 m	M		K U	
20.10	200 m	F15			
.20	200 m	M U			Mvet+P17+
					P15+K+F17
.30	200 m	K			
.35			F17+F15		
.40	200 m	K U			
.50	200 m	M			
21.00	200 m	P17			
.05	200 m	P15			
.10	400 m	M+K (motionslopp)			M+F15
.20	800 m	M+K			