

Tids-Schema

Lördag 1 februari 2020

<u>TIDER</u>	<u>LÖPNING</u>	<u>STAV</u>	<u>HÖJD</u>	<u>LÄNGD</u>	<u>KULA</u>	<u>VIKT</u>
11.00		M	K	P13+F13	M+P15	
.40					P17	
.45				K+S1		
12.00	60mH	F15	M+P15			
.10	60 mH	P13+F13				
.20	60 mH	K+F17			F15	
.30	60 mH	P19+P17				
.35				K U+F17		
.40	60 m	K	fö			
.45			P13+F13			
.50	60 m	M	fö			
13.00	60 m	F15	fö			
.10	60 m	P17	final			
.15	60 m	P RR1+RR2-3				
.20					K U+F17	
.25	60 m	F RR1		P17+P15		
.30			F15			
.35	60 m	F RR2-3				
.45	60 m	M	final			
.50	60 m	K	final			
.55	60 m	F13	final			
14.00	60 m	P13	final			
.10	60 m	K U	final	M		
.15	60 m	F17	final		P13+F13	
.20	60 m	F15	final			
.35	200 m	P17				
.40	200 m	K				
.45	200 m	P RR2-3				P17+MVet
.50	200 m	F RR1				
.55	200 m	P RR1		F15		
15.00	200 m	F RR2-3				
.10	200 m	K U				
.15	200 m	P13+F13				
.20	200 m	F17				
.25	200 m	M				M+K+F17
.40	400 m	M+K				
.50	200 m	F15				
16.00	1500 m	M+K				
.05						F15
.10	400 m	P RR2-3		P/F15 Tresteg		
.17	400 m	F RR1				
.22	400 m	P RR1				
.27	400 m	F RR2-3				
.40	600 m	F13				
.50	800 m	P17+F15				