

# TIDSPROGRAM VSM, Söndag 12 AUGUSTI

	<u>Löpningar</u>		<u>Höjd</u>	<u>Tresteg</u>	<u>Kula</u>	<u>Diskus</u>	<u>Slägga</u>
9.00	110 m H, 99,1	M40 (1), M45 (4)			K75,K80,K85	K50,K55	M35,M40
9.15	100m H, 91,4	M50 (3), M55 (2)			(5+3+2)	(11+3)	(2+7)
9.25	100m H, 84,0	M60 (2), M65 (2)					
9.40	80m H, 76,2	M70 (3), M75 (1)					
9.45	80m H, 76,2	K40 (4)					
9.50	80m H, 76,2	K45 (3)					
9.55	80m H, 68,6	K50(76,2),K60,65,70					
9.50		(1+1+1+1)			K45 (11)		
10.00			M70,M75,M90				M55 (9)
10.10	10000m	M35, M40, M45	(5+3+1)				
10.20		(4+5+4)		M50,55,60,65		K60,K65,K70	
10.30				(1+2+2+4)		(4+2+3)	
10.40							
10.45	10000m	M50, M55, M60					
10.50		(4+6+3)					
11.00					K50 (11)		
11.10							M60,M65
11.20			K55,60,65,70,75			K75,K80,K85	(7+5)
11.30			(2+1+1+1+3)			(4+3+1)	
11.40	10000m	M65, M70, M75		M40, M45			
11.50		(5+3+3)		(5+3)			
12.00							
12.10					K55 (5)	K35, K40	
12.20						(2+3)	
12.30							M45,M50
12.35	10000m	K40,45,50,55,60,65					(5+6)
12.50		(1+3+6+3+2+1)					
13.00					K35,K40	K45 (9)	
13.10					(2+6)		
13.20							
13.30							
13.40	400m	M35 (3)	K35,40,45,50				M75,80,85,90
13.50		M40 (7), 2 heat	(1+5+5+2)		K60,K65,K70		(4+3+2+1)
14.00		M45 (6)			(5+2+5)		
14.10		M50 (8), 2 heat					
14.20		M55 (9), 2 heat					
14.30		M60 (4)					
14.40		M65 (3)					
14.50		M70 (9), 2 heat					
15.00		M75 (4),M85 (1)					M70 (9)
15.10		K35(3)					
15.20		K40 (7), 2 heat					
15.30		K45 (4)					
15.40		K50 (4), K55 (2)					
15.50		K60 (4), K65 (2)					
16.00		K70 (4), K75 (1)					