

IVSM Tidsprogram fredagen 12 november

	3000m	Längd A	Längd B	Vikt	
17:00	M70-M80 (6+3+1)	K35-K45 (3+2+9)			17:00
17:05					17:05
17:10			M70-M80 (1+5+3)		17:10
17:15					17:15
17:20					17:20
17:25					17:25
17:30	K50-K75 (3+3+1+2+0+1)				17:30
17:35					17:35
17:40					17:40
17:45					17:45
17:50					17:50
17:55					17:55
18:00	M60-M65 (4+5)				18:00
18:05					18:05
18:10					18:10
18:15					18:15
18:20		M35-M40 (1+6)			18:20
18:25	M55 (6)				18:25
18:30			M45 (11)	K70-K80 (1+1)/M75-M80 (4+1)	18:30
18:35					18:35
18:40					18:40
18:45	M50 (10)				18:45
18:50					18:50
18:55					18:55
19:00					19:00
19:05	K35-K45 (2+2+6)				19:05
19:10					19:10
19:15					19:15
19:20					19:20
19:25	M45 B-heat (12*)				19:25
19:30					19:30
19:35					19:35
19:40		K50-K75 (5+0+4+2+1+2)		M65-M70 (3+4)	19:40
19:45	M45 A-heat				19:45
19:50			M50-M65 (3+5+2+1)		19:50
19:55					19:55
20:00					20:00
20:05	M40 B-heat (14*)				20:05
20:10					20:10
20:15					20:15
20:20					20:20
20:25	M40 A-heat				20:25
20:30					20:30
20:35					20:35
20:40	M35 (9)				20:40
20:45					20:45
20:50					20:50
20:55					20:55
21:00					21:00