

IVSM Tidsprogram Söndag 14 november

	60mh	200m	800m	Tresteg	Vikt	
09:00					K45 (7)	09:00
09:05						09:05
09:10						09:10
09:15						09:15
09:20						09:20
09:25						09:25
09:30				M50-M55 (2+5)		09:30
09:35						09:35
09:40						09:40
09:45	Prisutdelning					09:45
09:50						09:50
09:55					K35-K40 (2+6)	09:55
10:00						10:00
10:05						10:05
10:10						10:10
10:15						10:15
10:20	M40-M45 (3+5)					10:20
10:25						10:25
10:30	M50-M55 (3+5)					10:30
10:35						10:35
10:40	K35 (2)			M45 (7)		10:40
10:45						10:45
10:50	M60-M65 (1+1)					10:50
10:55						10:55
11:00	K40-K45 (3+2)				M50 (9)	11:00
11:05						11:05
11:10	M70-M75 (2+3)					11:10
11:15						11:15
11:20	K50-K60 (2+0+1)					11:20
11:25	Prisutdelning					11:25
11:30						11:30
11:35						11:35
11:40		M35 (8)				11:40
11:45						11:45
11:50		M40 (5)		M40+K40 (6+2)		11:50
11:55						11:55
12:00		M45 (15)				12:00
12:05						12:05
12:10					K50 (8)	12:10
12:15		M70 (7)				12:15
12:20						12:20
12:25		M75 (7)				12:25
12:30						12:30
12:35		M80 (3)				12:35
12:40		M50 (7)				12:40
12:45						12:45
12:50		M55 (10)				12:50
12:55						12:55
13:00		M60 (7)				13:00
13:05					M40-M45 (2+9)	13:05
13:10		M65 (3)				13:10
13:15						13:15
13:20		K35 (5)				13:20
13:25		K40 (5)				13:25
13:30		K45 (11)		M65-M80 (1+1+4+2)		13:30
13:35						13:35
13:40		K50 (4)				13:40
13:45		K55 (3)				13:45
13:50		K60 (3)				13:50
13:55		K65 (4)				13:55
14:00		K75 (4)				14:00
14:05		K80 (1)				14:05
14:10	Prisutdelning					14:10

14:15						14:15
14:20						14:20
14:25			M35 (4)		M55-M60 (8+6)	14:25
14:30						14:30
14:35			M40 (8)			14:35
14:40				K35-K50 (1+1+2)		14:40
14:45			M45 B-heat (10*)			14:45
14:50			M45 A-heat			14:50
14:55						14:55
15:00			M50 B-heat (10*)			15:00
15:05			M50 A-heat			15:05
15:10			M55 B-heat(11*)			15:10
15:15			M55 A-heat			15:15
15:20			M60 (8)			15:20
15:25			M65 (5)			15:25
15:30			M70 (7)			15:30
15:35			M75-80 (4+3)			15:35
15:40						15:40
15:45					K55-K60 (2+2)	15:45
15:50			K40 (8)			15:50
15:55			K45 (5)			15:55
16:00			K50 (3)			16:00
16:05			K55 (5)			16:05
16:10			K60-K65 (2+6)			16:10
16:15			K70-K80 (1+2+1)			16:15
16:20	Prisutdelning					16:20