# Mångkamp / VDM TUMBA Tidsprogram Lördag 13 Januari 2018

| Löpning | Längd Yttre | Längd inne | Kula A | Kula B (gummi) | Stav Y | Höjd Mål | Höjd Start |
|---|---|---|---|---|---|---|---|
| 1) F13 60mh/68,6 18st/3H 09:00 | | | | | | | |
| 1) F12 60mh/68,6 18st/3H 09:15 | | | Kula M60+ (12st) | | | | |
| 1) P11 60mh/68,6 7st/1H 09:30 | | | Start 09:15 | | | | |
| | | | | | | | 2) F13 Höjd (18st) |
| 1)P13 60mh/76,2 20st/3H 09:50 | | | | | | | Start ca 09:30 |
| 1) P15 60m 10st 2H 10:00 | | | | | | 2) F12 Höjd (18st) | |
| 1) 17 60m 1st 1H 10:00 | 2) P11 Längd / zon (7st) | Längd M35 - 55 (12st) | | | | Start ca 09:45 | |
| | Start ca 10:00 | Start 10:00 | | | | | |
| 1) F11 60mh / 68,6 22st/3H 10:30 | | | | | | | |
| | | | | | 2) P15-17 Stav | | |
| 60m K35-K45 1H 11:00 | 2) P13 Längd / Zon (20st) | | | | Start ca 11:15 | | |
| 60m K50 / K55 1H 11:05 | Start ca 10:45 | | Kula K35+ (13st) | | | | |
| 60m K60+ 1H 11:10 | | | Start 10:30 | | | | |
| 60m M35 / M40 1H 11:20 | | | | | | | |
| 60m M45 2H 11:30 | | | | | | | 2) F11 Höjd ( 22st) |
| 60m M50 / M55 1H 11:40 | | 3) F12 Längd (Zon) 18st | | | | | Start ca 11:30 |
| 60m M60+ 1H 11:45 | 3) F13 Längd / Zon (18st) | Start ca 12:00 | | 3) P11 Kula/2,0 kg (7st) | | | |
| | Start ca 12:15 | | | Start ca 11:30 | | | |
| | | | | | | Höjd M35-55 (8st) | |
| 1) P19-M22-M 60m 4st 11:55 | | | | | | Start 12:00 | |
| | | | 3) P13 Kula/3,0 (20st) | | | | |
| 60m M45 final ev. 12:30 | | 2) P19-M Längd (4st) | Start ca 12:10 | | | | |
| 60m Extra 60m 2H 12:45 | | Start ca 12:30 | | | | | |
| | | | | 4) F12 Kula/2,0kg (18st) | | | |
| | | Längd M60+ / K+ (13st) | | Start ca 13:15 | | Höjd M60+ / K+ (7st) | 4) P11 Höjd (7st) |
| | 3) F11 Längd /zon (22st) | Start 13:00 | 3) P19-M Kula (4st) | | | Start 13:00 | Start ca 13:00 |
| 400m M40 2H 13:15 | Start ca 14:00 | | Start ca 13:30 | | | | |
| 400m M45 1H 13:30 | | | Kula M35 - M45 (10st) | 4) F13 Kula/2,0kg (18st) | | | |
| 400m M50 - M60 1H 13:35 | | | Start 13:30 | Start ca 14:00 | | | |
| 400m M65+ 1H 13:40 | | | | | | 4) P13 Höjd (20st) | |
| 400m K35+ 1H 13:50 | | 3) P15-17 Längd (11st) | | | | Start ca 14:00 | |
| | | Start ca 14:00 | | | | | |
| 1500m M35-M45 14:30 | | | Kula M50 / M55 (11st) | 4) F11 Kula / 2,0 (22st) | | | 4) P19-M Höjd (4st) |
| 1500m M50+ / K+ 14:40 | | | Start 15:00 | Start ca 15:00 | | | Start ca 14:15 |
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