

VDM TUMBA - Tidsprogram Söndag 13 Jan 2019

Löpning	Längd inre	Vikt / Kula	Stav Yttre
		Vikt K (10st)	
		Start 09:00	
60mh M50+ /K35+ (9st/2H) 09:30			
		Vikt M60+ (11st)	
		Start 09:45	
60mh M45 (4st/1H) 10:00			
		Vikt M35- M55 (13st)	
	Tresteg Alla 6st	Start 10:45	
	Start 11:00		
200m M40 (2st/1H) 11:15			
200m M45 (9st/3H) 11:20			
200m M50 (3st/1H) 11:35			
200m M55 (7st/2H) 11:40			
200m M60 / M65 (4st/1H) 11:50			
200m M70+ (4st/1H) 11:55			
200M K40 / K50 (3st/1H) 13:00			
200m K45 (4st/1H) 13:05			
200m K60+ (4st/1H) 13:10			
800m M35-M50 (7st/1H) 13:20			
800 M55+ / K35+ (9st/1H) 13:30			Stav Alla K/M Vet (14st)
			Start 13:30
3000m M35 - M45 (9st/1H) 13.40			
3000m M50+ / K35+ (8st) 14:00			