

## Mångkamp / VDM TUMBA - Tidsprogram Söndag 12 Jan 2020

| Löpning                          | Längd inre          | Längd yttre          | Vikt / Kula              | Stav Yttre          | Höjd Start              | Höjd Mål              |
|----------------------------------|---------------------|----------------------|--------------------------|---------------------|-------------------------|-----------------------|
|                                  |                     |                      | Vikt K (14st)            |                     |                         |                       |
| 1) F17 60mh/76,2 (12st/2H) 09:10 |                     |                      | Start 09:00              |                     |                         |                       |
| 60mh M65+ (4st/1H) 09:30         |                     |                      |                          |                     |                         | 2) F17 Höjd (12st)    |
| 60mh M45-55 (5st/1H) 09:45       |                     |                      | Vikt M60+ (11st)         |                     |                         | ca 10:00-11:30        |
| 5) P19 60mH (2st) 10:00          |                     |                      | Start 10:15              |                     |                         |                       |
| 5 M 60mH (1st) 10:00             |                     |                      |                          |                     |                         |                       |
| K50+ 60mh 1H (4st) 10:15         |                     |                      | Vikt M35- M55 (13st)     |                     |                         |                       |
| 4) P15 60mH/84 20st 3H 10:55     |                     |                      | Start 11:20              |                     |                         |                       |
| 1) K 60mh/84,0 (4st/1H) 11:00    |                     |                      |                          |                     | 2) F19-K22-K Höjd (4st) |                       |
| 200m M35-40 (2st/1H) 11:15       | Tresteg Alla 14st   | Tresteg Alla 14st    | 3) F17 Kula/3,0kg (12st) | 6) P19-M Stav (3st) | Start ca 12:00          |                       |
| 200m M45 (9st/3H) 11:20          | Start 11:00         | Start 11:00          | ca 12:00-13:00           | Start ca 11:00      | 12:00-12:30             |                       |
| 200m M50 (3st/1H) 11:35          |                     |                      |                          | 11:00-13:00         |                         |                       |
| 200m M55 (4st/2H) 11:40          |                     |                      | 3) F19-K Kula/4,0kg 4st  |                     | 5) P17 Höjd (14st)      | 5) P15Höjd (20st)     |
| 200m M60 / M65 (3st/1H) 11:50    |                     |                      | Start ca 13:00-13:20     |                     | Start ca 13:30          | Start ca 11:45        |
| 200m M70+ (5st/2H) 11:55         |                     |                      |                          |                     | 13:30-14:30             | 11:45-13:30           |
|                                  | 4) F17 Längd (12st) |                      |                          |                     |                         |                       |
| 4) P17 60mH 91,4 14st 2H 12:30   | ca 13:30-14:15      |                      |                          |                     |                         |                       |
|                                  |                     | 4) F19-K Längd       | 6) P15 Kula/4,0kg (20st) |                     | Höjd M35-55 (9st)       | Höjd M60+ / K+ (11st) |
| 200M K35-50 (8st/2H) 13:00       |                     | Start ca 14:00-14:30 | Start ca 14:00-14:45     |                     | Start 13:30             | Start 13:30           |
| 200m K60+ (7st/2H) 13:05         |                     |                      |                          |                     |                         |                       |
|                                  |                     |                      | 6) P17 Kula 5,0kg (14st) |                     |                         |                       |
| 800m M35-M45 (7st/1H) 13:20      |                     |                      | Start ca 15:00-15:20     |                     |                         |                       |
| 800 M50-60 (6st/1H) 13:25        |                     |                      |                          |                     |                         |                       |
| 800 M65+/K45-50 (6st/1H) 13:30   |                     |                      |                          |                     |                         |                       |
| 800 K55+ (6st/1H) 13:30          |                     |                      |                          |                     |                         |                       |
|                                  |                     |                      |                          |                     |                         |                       |
| 3000m M35 - M45 (10st/1H) 13.40  |                     |                      |                          |                     |                         |                       |
| 3000m M50+ / K35+ (8st) 14:00    |                     |                      |                          |                     |                         |                       |
|                                  |                     |                      |                          |                     |                         |                       |
| 7) P19-M 1000m ca 14:30          |                     |                      |                          |                     |                         |                       |
| 5) F17 600m ca 14:45 2H          |                     |                      |                          |                     |                         |                       |
| 5) F19-K 800m ca 15:00 1H        |                     |                      |                          |                     |                         |                       |
| 7) P15 600m ca 15:15 (2H)        |                     |                      |                          |                     |                         |                       |
|                                  |                     |                      |                          |                     |                         |                       |
| 7) P17 800m ca 15:55 (8st/1H)    |                     |                      |                          |                     |                         |                       |