

# Tidsprogram Strands U-spel 18/8-18

Kl.	Löpning	Längd 1	Längd 2	Höjd	Spjut	Kula	Nerfboll
10.00	F13 60mh (4)	P9 (4)		P/F11 (4/3)	P15/17/F17 (1/1/2)		F9 (10)
.10	P13 60mh (4)						
.20	P/F15 80mh (1/2)						
.30	P17 110mh (1)					F11/13 (3/7)	
.40		P13 (8) F13 mångkamp (1)					
.50	P9 60m (4)			P/F15 (2/3)			
11.00	F9 60m (10)						
.10	P11 60m (7) fö						
.20	F11 60m (7) fö						
.30	F13 60m (7) fö	P11 (6)				F15 (3)	
.40	P13 60m (11) fö						F11 (5)
.50							
12.00	P15 80m (2)						
.10	F15 80m (6)	F13 (8) ej mångkamp					
.20	P/F17 100m (3/1)						
.30					P/F13 (5/1)		
.40						P11 (6)	P9 (4)
.50	F11 60m fi		P15/17/F15/17 (4/2/5/1)				
13.00	F13 60m fi						
.10	P13 60m fi	F11 (7)					
.20	P11 60m fi						
.30							
.40				P/F13 (5/3)			
.50							P11 (7)
14.00		F9 (10)			F15 (5)	P15/F17 (1/1)	
.10							
.20							
.30						P13 (8)	
.40	P15/17/F15 800m (3/1/2)						
.50							
15.00	P/F11 600m (4/4)						
.10							
.20	P/F13 600m (5/3)						
.30							
.40							
.50							
16.00							