

# Tidsprogram 17/9-2019

Kl.	Löpning	Längd 1	Längd 2	Höjd	Spjut	Kula	Nerfboll
10.00	80mh P/F15 (2/1)	P13 (6)		F10 (7)			P11/10 (4/3)
.10	60mh F13 (4)						
.20						F11/F13 (1/6)	
.30			F15 (5)				
.40					P15/P17		
.50	60m F10 fö (9)	P9/P8 (4/1)		F11 (2)			
11.00	60m P13 (6)						F8/F9 (5/5)
.05	60m F13 fö (8)						
.10							
.15	60m P11 (4)						
.20	60m P10 (3)				P13 (9)	F10 (7)	
.25				F13 (4)			
.30			P15 (2)				
.40	60m F11 (5)						
.50							
12.00	60m F8 (5)	P11/P10 (4/1)				P15/P17 (1/1)	F10 (8)
.05	60m F9 (5)						
.10	60m P9/P8 (4/1)		F11 (5)	F15 (2)			
.20					F13 (5)		
.30							
.40		F8/F9 (5/5)		P13 (3)			
.45						P10/P11 (2/3)	
.50	60m F10 fi						P9/P8 (4/1)
13.00	60m F13 fi						
.10	80m F15 (4)						
.20	100m P17 (2)		F13 (10)	P15 (2)		P13 (7)	
.30		F10 (9)					
.40							
.50				P10/P11 (1/3)			
14.00						F15/F17 (1/1)	
.10							
.20	600m P/F13 (2/2)						
.30	800m P15/F17(2/1)						
.40	400m hinder P8/P9/F9 (1/1/2)						
.50	400m hinder P/F10(2/7)						
15.00	800m hinder P/F11(4/3)						