

Tidsskjema

Gjensidige UM Friidrett 2 lørdag - 04.09.21

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Diskos							
14:05:00	J-17	Diskos	(1,0kg)	(1,0kg)	9	11:05:00	13:45:00
16:25:00	G-17	Diskos	(1,5kg)	(1,5kg)	8	13:25:00	16:05:00
Høyde							
10:05:00	G-15	Høyde			9	07:05:00	09:35:00
12:05:00	J-15	Høyde			9	09:05:00	11:35:00
14:25:00	G-17	Høyde			8	11:25:00	13:55:00
16:20:00	J-17	Høyde			7	13:20:00	15:50:00
Kule							
11:20:00	J-16	Kule	(3,0kg)	(3,0kg)	7	08:20:00	11:00:00
13:35:00	G-16	Kule	(5,0kg)	(5,0kg)	9	10:35:00	13:15:00
15:00:00	J-18/19	Kule	(4,0kg)	(4,0kg)	9	12:00:00	14:40:00
16:15:00	G-18/19	Kule	(6,0kg)	(6,0kg)	9	13:15:00	15:55:00
Lengde							
10:00:00	J-17	Lengde			11	07:00:00	09:30:00
11:45:00	G-17	Lengde			14	08:45:00	11:15:00
15:05:00	J-15	Lengde			14	12:05:00	14:35:00
16:40:00	G-15	Lengde			16	13:40:00	16:10:00

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Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Løp							
	G-17	2000 m Kappgang					
10:00:00	G-16	100 m hekk	(91,4 8,5m)	(91,4 8,5	9	07:00:00	09:45:00
10:10:00	G-15	100 m hekk	(84,0 8,5)	(84,0 8,5	9	07:10:00	09:55:00
10:25:00	J-16	80 m hekk	(76,2 8m)	(76,2 8m	12	07:25:00	10:10:00
10:35:00	J-15	80 m hekk	(76,2 8m)	(76,2 8m	11	07:35:00	10:20:00
10:55:00	G-17	200 m			29	07:55:00	10:40:00
11:15:00	J-18/19	200 m			18	08:15:00	11:00:00
11:30:00	J-17	200 m			14	08:30:00	11:00:00
11:40:00	G-18/19	200 m			35	08:40:00	11:25:00
12:05:00	J-15	200 m			33	09:05:00	11:50:00
12:30:00	G-15	200 m			18	09:30:00	12:15:00
12:40:00	G-16	200 m			24	09:40:00	12:25:00
12:55:00	J-16	200 m			21	09:55:00	12:40:00
13:45:00	G-18/19	200m, Semifinale					13:30:00
14:00:00	G-17	200m, Semifinale					13:45:00
14:10:00	J-15	200m, Semifinale					13:55:00
14:50:00	G-15	100 m hekk, Finale					14:35:00
14:55:00	G-16	100 m hekk, Finale					14:40:00
15:05:00	J-15	80 m hekk, Finale					14:50:00
15:10:00	J-16	80 m hekk, Finale					14:55:00
15:25:00	J-16	800 m			19	12:25:00	15:10:00
15:40:00	G-16	800 m			22	12:40:00	15:25:00
16:00:00	J-15	800 m			22	13:00:00	15:45:00
16:15:00	G-15	800 m			26	13:15:00	16:00:00
16:40:00	G-17	300 m hekk	(84,0 35m)	(84,0 35	9	13:40:00	16:25:00
16:50:00	J-17	300 m hekk	(76,2 35m)	(76,2 35	5	13:50:00	16:35:00
17:05:00	J-18/19	400 m hekk	(76,2 35m)	(76,2 35	9	14:05:00	16:50:00
17:15:00	G-18/19	400 m hekk	(91,4 35m)	(91,4 35	4	14:15:00	17:00:00
17:30:00	G-15	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	2	14:30:00	17:15:00
17:30:00	G-16	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	1	14:30:00	17:15:00
17:30:00	G-18/19	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	2	14:30:00	17:15:00
17:30:00	J-15	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	2	14:30:00	17:15:00
17:30:00	J-16	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	1	14:30:00	17:15:00
17:30:00	J-17	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	1	14:30:00	17:15:00
17:30:00	J-18/19	2000 m Kappgang	(Kappgang 2000 m)	(Kappgan	4	14:30:00	17:15:00
17:45:00	J-17	2000 m hinder	(76,2)	(76,2)	4	14:45:00	17:30:00
17:45:00	J-18/19	2000 m hinder	(76,2)	(76,2)	5	14:45:00	17:30:00
18:00:00	G-17	2000 m hinder	(83,8)		4	15:00:00	17:45:00
18:10:00	G-18/19	2000 m hinder	(91,4)		8	15:10:00	17:55:00
Slegge							
10:10:00	J-15	Slegge	(3,0kg/119,5cm)	(3,0kg/1	6	07:10:00	09:50:00
11:15:00	G-15	Slegge	(4,0kg/119,5cm)	(4,0kg/1	9	08:15:00	10:55:00
13:05:00	J-16	Slegge	(3,0kg/119,5cm)	(3,0kg/1	9	10:05:00	14:45:00
15:20:00	G-16	Slegge	(5,0kg/120,0cm)	(5,0kg/1	7	12:20:00	15:00:00

Tidsskjema

Gjensidige UM Friidrett dag 2 lørdag - 04.09.21

Øvelsestart	Klasse	Øvelse	Øvelsesinfo	Sted	Antall	Opprop	Innmarsj
Spyd							
10:00:00	G-17	Spyd	(700gr)	(700gr)	7	07:00:00	09:40:00
11:10:00	J-18/19	Spyd	(600gr)	(600gr)	6	08:10:00	10:50:00
12:10:00	G-18/19	Spyd	(800gr)	(800gr)	5	09:10:00	11:50:00
13:00:00	J-17	Spyd	(500gr)	(500gr)	6	10:00:00	12:40:00
14:00:00	J-15	Spyd	(500gr)	(500gr)	11	11:00:00	13:40:00
16:35:00	G-15	Spyd	(600gr)	(600gr)	6	13:35:00	16:15:00
Stav							
10:40:00	G-18/19	Stav			6	07:40:00	09:40:00
13:10:00	J-18/19	Stav			2	10:10:00	12:10:00
Tresteg							
10:25:00	G-16	Tresteg			7	07:25:00	10:05:00
11:35:00	J-16	Tresteg			8	08:35:00	11:05:00
13:00:00	J-18/19	Tresteg			10	10:00:00	12:40:00
14:25:00	G-18/19	Tresteg			5	11:25:00	13:55:00