

<b>DNB NOR TYRVINGLEKENE - NADDERUD 2010</b>				
<b>TIDSSKJEMA FOR FREDAG 11. JUNI</b>				
				<b>Opprops- listene inndras:</b>
<b>LØP:</b>				
1600	400mhk	G18-19		91,4/35,0 1500
1605	400mhk	MS		91,4/35,0 1505
1610	400mhk	J18-19		76,2/35,0 1510
1615	400mhk	KS		76,2/35,0 1515
1625	300mhk	J17		76,2/35,0 1525
1630	300mhk	G15		76,2/35,0 1530
1640	300mhk	J16		76,2/35,0 1540
1650	300mhk	J15		76,2/35,0 1550
1705	300mhk	G16, G17		84,0/35,0 1605
1715	600m	J12		1615
1735	600m	J11		1635
1745	600m	G12		1645
1800	600m	G11		1700
1810	200m	G18-19		1710
1825	200m	MS		1725
1845	200m	J18-19		1745
1905	200m	G17		1805
1925	200m	KS		1825
1935	200m	J17		1835
1950	600m	J13		1850
2010	600m	J14		1910
2025	600m	G13		1925
2045	600m	G14		1945
2110	2000m	J15		2010
2120	2000m	G15		2020
2145	3000m	J16, J17, J18-19,KS		2045
2200	3000m	G16, G17, G18-19		2100
2215	3000m	MS		2115
<b>HOPP:</b>				
1430	Høyde	G18-19, MS	Stativ 1	
1530	Høyde	G16, G17	Stativ 2	
1645	Lengde	G11	Grop 3	Satssone 50cm
1730	Stav	J13, J14		
1800	Lengde	J12	Grop 3	Satssone 50cm
1800	Lengde	J15	Grop 1	
1900	Lengde	G15	Grop 2	
1930	Stav	J15, J16, J17, J18-19, KS		
2000	Lengde	G16	Grop 1	
2015	Lengde	G12	Grop 3	Satssone 50cm
2015	Lengde	J16	Grop 2	
<b>KAST:</b>				
1400	Diskos	J18-19, KS	Stadion	1kg
1445	Diskos	G18-19	Stadion	1,75kg
1445	Diskos	MS	Stadion	2kg
1600	Diskos	J14	Kastbanen	0,75kg
1630	Kule	G14		4kg
1700	Spyd	G16, G17		700gr.
1715	Diskos	J15	Kastbanen	0,75kg
1800	Spyd	G15		600gr.
1800	Kule	G13		3kg
1815	Diskos	J16, J17	Kastbanen	1kg
1900	Spyd	G18-19, MS		800gr.
1900	Kule	J11		2kg
1945	Diskos	G14	Kastbanen	1kg
2000	Kule	J13		2kg