

DNB NOR TYRVINGLEKENE - NADDERUD STADION 2010					
TIDSSKJEMA FOR LØRDAG 12. JUNI					
					Opprops-
					listene
LØP					inndras:
0930	200mhk	J14		76,2/19,0	0830
0945	200mhk	J13		68,0/19,0	0845
1005	200mhk	G13		68,0/18,29	0905
1025	200mhk	G14		76,2/18,29	0925
1040	60m	J11	Bane 2		0940
1040	80mhk	J15	Bane 1	76,2/8,00	0940
1055	80mhk	J16	Bane 1	76,2/8,00	0955
1110	60m	J13	Bane 2		1010
1115	100mhk	J17	Bane 1	76,2/8,50	1015
1125	100mhk	J18-19	Bane 1	84,0/8,50	1025
1130	100mhk	KS	Bane 1	84,0/8,50	1030
1135	100mhk	G15	Bane 1	91,4/8,50	1035
1145	100mhk	G16	Bane 1	91,4/8,50	1045
1155	110mhk	G17	Bane 1	91,4/8,80	1055
1155	60m	G13	Bane 2		1055
1200	110mhk	G18-19	Bane 1	100,0/9,14	1100
1205	110mhk	MS	Bane 1	106,7/9,14	1105
1215	60m	G14	Bane 1		1115
1225	60m	J14	Bane 2		1125
1240	60m	G11	Bane 1		1140
1255	60m	G10	Bane 1		1155
1300	60m	J12	Bane 2		1200
1315	60m	J10	Bane 1		1215
1335	60m	G12	Bane 2		1235
1340	60m finale	J13	Bane 1		
1345	60m finale	J14	Bane 1		
1350	60m finale	G14	Bane 1		
1355	60m finale	G13	Bane 1		
1400	1000m kappgang	G11, G12, G13, G14			1300
1400	1000m kappgang	J11, J12, J13, J14			1300
1415	200m	G15			1315
1435	200m	G16			1335
1505	200m	J16			1405
1525	200m	J15			1425
1600	4x60m stafett	G10-12			1400
1615	4x60m stafett	J13-14			1415
1630	4x60m stafett	G13-14			1430
1645	4x60m stafett	J10-12			1445
1700	800m	G15			1600
1720	800m	J15			1620
1730	800m	G16			1630
1740	800m	J16			1640
1745	800m	G17			1645
1755	800m	J17			1655
1805	800m	G18-19			1705
1815	800m	J18-19			1715
1820	800m	KS			1720
1830	800m	MS			1730

HOPP:					
0930	Høyde	G11	Stativ 1		
0930	Lengde	G14	Grop 1		
0945	Lengde	J14	Grop 2		
1015	Lengde	G13	Grop 3	Satssone 50cm	
1030	Stav	G13, G14			
1145	Tresteg	J16	Grop 1		
1200	Stav	G15, G16, G17, G18-19, MS			
1215	Lengde	J13	Grop 3	Satssone 50cm	
1245	Tresteg	G16, G17	Grop 1		
1400	Tresteg	J15	Grop 1		
1430	Høyde	J11	Stativ 2		
1430	Høyde	J14	Stativ 1		
1500	Lengde	J10	Grop 3	Satssone 50cm	
1515	Tresteg	J17	Grop 1		
1615	Tresteg	J18-19, KS	Grop 1		
1700	Høyde	G15	Stativ 1		
1745	Tresteg	G-18-19, MS	Grop 1		
KAST:					
0930	Spyd	J15		400gr.	
1000	Kule	J17		4kg	
1000	Diskos	G15	Kastbanen	1kg	
1000	Diskos	G16, G17	Kastbanen	1,5kg	
1100	Kule	J12		2kg	
1115	Spyd	J18-19, KS		600gr.	
1130	Slegge	J14	Kastbanen	3kg	
1230	Spyd	J16		600gr.	
1245	Slegge	G14	Kastbanen	4kg	
1330	Spyd	J17		600gr.	
1400	Kule	G11		2kg	
1400	Slegge	J13	Kastbanen	2kg	
1430	Liten ball	G10		150gr.	
1500	Kule	J18-19, KS		4kg	
1530	Slegge	G13	Kastbanen	3kg	
1615	Liten Ball	G12		150gr.	