



## Tidsskjema mangekampsstevne lørdag 20. juni 2020

Tid	60m hekk	60m	Lengde 1 (3 hopp)	Lengde 2 (3 hopp)	Høyde	Kule (3 kast)	Spyd (3 kast)	600m	Premieutdeling
11.00	G/J11 (3x)								
05	G/J12-13 (5x)								
10	G/J13 (3x)								
15									
20		G/J10 (8x)							
25		G/J11 (7x)							
30		G/J12 (7x)							
35		G13-14 (3x)							
40		J13-14 (5x)	G/J10 (8x)						
45			-"			G/J11 (10x)			
50			-"			-"			
55			-"		G/J11-13 (9x)	-"			
12.00			-"		-"	-"			
05			-"		-"	-"			
10			-"		-"	-"			
15			G/J12(6x)	G/J13-14 (9x)	-"	-"			
20			-"	-"	-"	-"			
25			-"	-"	-"	G/J10 (8x)			
30			-"	-"	-"	-"			
35			-"	-"	-"	-"			
40			-"	-"	-"	-"			
45			G/J11 (10x)	-"	-"	-"			
50			-"	-"	-"	-"	G/J11-14 (7x)		
55			-"	-"	-"	-"	-"		
13.00			-"			G/J13-14 (9x)	-"		
05			-"			-"	-"		
10			-"			-"	-"		
15			-"			-"	-"		
20			-"			-"	-"		
25			-"			-"			G/J10 (8x)
30						-"			
35						-"			
40						G/J12 (9x)		J11 (5x)	
45						-"			
50						-"		G11 (5x)	
55						-"			
14.00						-"		J13-14 (6x)	
05						-"			
10						-"		G12 (8x)	J11 (5x)
15						-"			
20						-"		G13-14 (5x)	G11 (5x)
25									
30								J12 (3x)	
35									J13 (4x)
40								G12 (9x)	J14 (2x)
45									G13-14 (5x)
50									
55									J12 (3x)
15.00									G12 (8x)
05									
10									Bestemannspremie