



STEINKJER
Friidrett



FINALE

Trønder-fluisa

sprinten

Steinkjer, 19.august kl.14.00

Tidsskjema

fire forsøk i tekniske øvelser					
Starttider	Løp	Lengde	Liten ball	Kule	Høyde
14:00	60 m J11 h1	G11 (12)	G12 (11)	G14 (6)	G 13 (4)
14:05	60 m J11 h2				
14:10	60 m J12 h1				
14:15	60 m J13 h1				
14:20	60 m J13 h2				
14:25	60 m J14 h1				
14:30	60 m J14 h2				
14:35	60 m G11 h1			J13 (11)	
14:40	60 m G11 h2	J12 (6)	J11 (9)		J14 (8)
14:45	60 m G12 h1				
14:50	60 m G12 h2				
14:55	60 m G13 h1				
15:00	60 m G13 h2				
15:05	60 m G14 h1	G12 (12)			
15:10			G11 (12)		
15:15				G13 (9)	
15:20					G14 (5)
15:25	600 m J11 (7)				
15:30	600 m J12 (6)				
15:35	600 m J13 (6)				
15:40	600 m J14 (8)	J11 (10)			
15:45	600 m G11 (13)		J12 (6)		
15:50	600 m G12 (10)			J14 (11)	
15:55	600 m G13 (9)				J13 (8)
16:00	600 m G14 (6)				
16:05					
16:10					
16:15					
16:20					
16:25					
16:30					