

## SØNDAG 21. august 2016 - KM BYRKJØ

| Tidspunkt | Løp                           | Lengde/tresteg |
|-----------|-------------------------------|----------------|
| 12:00     | 60mh J13(1) J14(1)            | Tresteg J14(1) |
| 12:10     | 80mh J16(1)                   |                |
| 12:20     | 100mh J18(1)                  |                |
| 12:30     |                               | G15(2),J18(1)  |
| 12:35     | 200m MV (5)                   |                |
| 12:45     | 400m J15(1)                   |                |
| 12:50     | 400m G15(2), G16(1)           |                |
| 13:00     | 600m J13(3) J14(1)            |                |
| 13:10     | 600m G13(6), G14 (3)          |                |
| 13:20     | 1500m J15(1), J16(1)          |                |
| 13:35     | 2000m G15(3)                  |                |
| 13:55     | 3000m KS (1), Kv(1)           |                |
| 14:00     |                               |                |
| 14:15     | 5000m MV(4)                   |                |
| 14:40     | 1000m kappgang G14(1), J13(1) |                |

ELO

| Diskos                                 | Høgde                                  |
|----------------------------------------|----------------------------------------|
| J13(5), J15(1), J17(1), KS(2), KV1(1)  | G13(1), G14(1), G15 (1), MV(1), J18(1) |
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| G13(3), G14(1), G16(3), G17(1), G18(1) |                                        |
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