

IVSM Lördag 9 februari 2013 i Sunnahallen, Karlskrona

Distans		Löpningar	Höjd	Stav	Längd	Tresteg	Kula
60m	1100	M35 7				K50/55 1+1	M75/80/85/90
60m	1110	M45 5					2+1+1+1
60m	1120	M40 10					
60m	1130	M50 7	M45/50/55				
60m	1135	M55 5	5+2+2		M35/45 4+4		
60m	1140	M60 6					K70/75/80 1+3+1
60m	1145	M65 3					
60m	1150	M75/80 4+1					
60m	1155	M70 8					
	1200	CEREMONI					
	1210						
60m	1215	M40 Final					M70 6
60m	1220	K35 6					
60m	1230	K40 5			M40 9		
60m	1240	K45/50 2+3					
60m	1250	K55/65 1+3					M60/65 6+3
60m	1300	K70/75 5+1					
60m	1310						
	1320		M70/75/85	K65 1			
	1330		5+4+1				
400m	1340						M50/55 6+3
400m	1345	M35 4					
400m	1350	M40 4					
400m	1355	M45 3			M60/65 2+2		
400m	1405	M50 3					
400m	1415	M55 4					
400m	1420	M60 5					K35/40/45
400m	1425	M65 2	M35/40 4+3				1+3+1
400m	1430	M70 7					
400m	1440	M75/80 2+1					
400m	1445	K35/40 3+1			M50/55 4+4		
400m	1450	K45 3					
400m	1455	K50 4					K50/55/60/65
400m	1500	K55 3					3+1+1+4
400m	1505	K65/70 2+2					
	1510						
1500m	1520	M35/40 2+4	M60/65 3+3				
1500m	1530	M45/50 4+7			M70/75/90		
1500m	1540	M55/60 3+7			2+1+1		
1500m	1550	M65 3					M35/40/45
1500m	1600	M70/75/80 4+2+2					4+6+3
1500m	1610	K35/40/45 3+2+2					
1500m	1620	K50/55 3+2					
1500m	1630	K60/65 1+2					
	1640						
4x200m	1650						

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Löpningar		Löpningar	Höjd	Stav	Längd	Tresteg	Vikt
60m Häck	1000	M35/45 2+1					M80/90 +
60m Häck	1010	M40 6					/K60/65/75/80
60m Häck	1020	M50/55 5+2					1+1+1+4+3+1
60m Häck	1030	M70/75 4+2					
60m Häck	1040	K40/50 4 2+1					
60m Häck	1050	K70 1					
	1100			M65/70/75			
	1110			4+1+1	K35/40/50		
800m	1120	M35 4			2+3+2		M35/40/45 1+3+2
800m	1130	M40/45 6+3					
800m	1140	M50 6					
800m	1150	M55 5					
800m	1200	M60 6					
800m	1210	M65 5			K65/70/80		M50/55 3+0
800m	1220	M70/75 4+2			1+2+1		
800m	1230	M80/K65/70 1+2+1					
800m	1240	K35/45 4+3				M40/45 6+4	
800m	1300	K50/55 2+4					M70/75 K50/55
200m	1310	M35 3	K35/45/50				3+1+2+1
200m	1320	M50 6	2+2+1				
200m	1330	M55 5					
200m	1340	M40 6					
200m	1350	M45 5					
200m	1400	M60 5					
200m	1410	M65 2					M60/65/K40
200m	1415	M70 8		M35/40/45/55			4+5+1
200m	1425	M75 5		2+4+1+1			
200m	1435	M80 1	K65/70/75/80				
200m	1440	K35 5	2+2+1+1				
200m	1550	K40 4					
200m	1455	K45 3					
200m	1500	K50 2					
200m	1505	K55 2				M50/55/65/75/90	
200m	1510	K65/75 2+1				1+2+2+1+1	
200m	1515	K70 4					
3000m	1525	M35/40 3+5					
3000m	1540	M45/50 4+7					
3000m	1555	M55/60 3+6					
3000m	1610	M65/70 4+6					
3000m	1630	M75/80 2+1					
3000m	1650	K 8					
3000m							