UP-STÆVNE - Torsdag den 17. august 2023

TIDSSKEMA

			Søren KH	Tina	Danny	Peter S	Anne	Jacob	Jacob
Tidspunkt:	**Løb:**		**Længde [1]:**	**Længde [2]:**	**Højde:**	**Kugle [1]:**	**Kugle [2]**	**Spyd**	**Bold:**
17:30	40 m	D7 (8/1)	D/P15 + 17 (9+8 + 1 + 2)		D/P15 (4+2)	D/P13 (1+7)	P11 (10)	P11 + D/P13 (1+2+3)	
17.35	40 m	P7 (7/1)							
17:40	40 m	D9 (4/1)							
17:45	40 m	P9 (13/2)		D/P7 (9+5)					
17:50	40 m								
17:55									
18:00									D/P9 (5+9)
18:05	60 m	D11 (10/2)							
18:10	60 m								
18:15	60 m	P11 (15/2)							
18:20	60 m								
18:25									
18:30	80 m	D13 (5/1)		P11 (16)	D/P11 (2+4)				
18:35	80 m	P13 (21/3)							
18:40	80 m								D/P7 (9+8)
18:45	80 m								
18:50									
18:55	100 m	D15 (10/2)							
19:00	100 m		D/P13 (5+17)						
19:05	100 m	P15 (10/2)							
19:10	100 m								
19:15	100 m	D17 (6/1)			D/P13 (1+7)		D11 (6)		
19:20	100 m	P17 (3/1)				D/P15 (6+5)		D/P15 + 17 (4+1+1)	
19:25									
19:30				D/P9 (6+11)					
19:35									
19:40									
19:45	400 m	D11 (8)							
19:50	400 m	P11 (8)							
19:55	400 m	D7 + D9 (1+5)							
20:00	400 m	P7 + P9 (1+7)	D11 (9)						
20:05									
20:10									
20:15	600 m	D13 (3)			P17 (1)				
20:20	600 m	P13 (10)							
20:25									
20:30									
20:35	800 m	D15 (3)							
20:40	800 m	P15 / P17 (2+1)							
20:45									
20:50									
20:55									
21:00									**15.8.2023**