

## Foreløbigt tidskema til DM- Veteraner 29-30. august 2015 Langvang Atletikstadion Randers

Lørdag

	Løb	Stang	Trespring	Kugle	Hammer	Vægtkast	
	12.00				M30-55 (1+0+1+3+1+3)		12.00
	12.45					M30-55 (1+0+2+2+3)	12.45
	13.00	M55-70 (3+1+1+1)		M75-85 (2+2+2)			13.00
	13.25				M60-65 (4+3)		13.25
	13.30	110mH M45 (2)					13.30
	13.35			K30-55 (1+0+1+1+3+1)			13.35
	13.45	100mH K30+M50-60 (1+2+1)					13.45
	14.00	80m H K40-60 (1+1+1+0+1)					14.00
	14.05				M70-85 (1+2+1+2)		14.05
	14.15	1.500m M30-45 (1+4+3+5)					14.15
	14.20			M60-70 (4+1+1)			14.20
	14.25	1.500m M50-55 (8+6)					14.25
	14.40	1.500m M60-75 (5+3+3+1)					14.40
	14.45				K30+ K50-75 (1+2+1+1+3+1+1)		14.45
	14.50	1.500m K35-70 (2+1+0+2+0+1+1+1)					14.50
	14.55			K60-80 (1+5+2+2+2)			14.55
	15.05	100m M30+M35+M40 (1+1+4)		K55 (1) M30+50 (1+1) M55+65 (1+1)			15.05
	15.15	100m M45 (5)					15.15
	15.20	100m M50 (6)					15.20
	15.25	100m M55-M60 (3+2)					15.25
	15.30	100m M65 (5)					15.30
	15.40	100m M70-80 (1+1+1)					15.40
	15.45	100m K30-40 (2+1+1)					15.45
	15.50	100m K45-50 (4+1)					15.50
	15.55	100m K55-65 (3+0+1)					15.55
	16.05	400m M30-35 (1+1)			M30+55 (1+0+0+3+1+5)		16.05
	16.10	400m M40 (4)					16.10
	16.15	400m M45 (6)				M60-80 (2+2+1+2+1)	16.15
	16.20	400m M50-60 (1+1+2)					16.20
	16.30	400m M65-80 (2+1+1+1)					16.30

<b>Lørdag</b>	16.35	400m K30-55 (1+0+1+1+0+1)						16.35
	16.40	400m K60-75 (1+3+0+1)						16.40
	16.50	3.000m kapgang M45 (1)					K30 (1) + K55-75 (2+1+2+2+1+1)	16.50
	17.15	1.000m stafet M50 (1)						17.15

Søndag

	Løb	Højde	Længde	Diskos	Spyd		
	10.00	400m H M50-M55 (1+2)	M30+45 (1+1)		M60-65 (7+1)	K30 (1) K50-80 (2+2+0+1+1+2+1)	10.00
	10.15	300mH K50+K60+M70 (2+1+1)					10.15
	10.30	200m M30-35 (2+3)					10.30
	10.35	200m M40-45 (3+2)					10.35
	10.40	200m M50-55 (3+3)					10.40
	10.45	200m M60 (3)		K30-80 (1+0+1+0+1+2 +0+1+0+0+1)			10.45
	10.55	200m M65 (4)					10.55
	11.00	200m M70-75 (1+2)	M50-80 (4+0+2+1+2+0+2)				11.00
	11.05	200m K30-45 (1+0+1+1)			M70-M85 (1+1+5+1)		11.05
	11.10	200m K50-65 (2+1+0+2)					11.10
	11.20	800m M30+35+40+50 (2+1+2+3)					11.20
	11.30	800m M45 (6)				M30-55 (1+0+2+2+2+2)	11.30
	11.40	800m M55 (8)					11.40
	11.50	800m M60 (7)		M30-45 (2+0+1+3)			11.50
	12.00	800m M65-75 (4+2+1)					12.00
	12.10	800m K35-70 (1+2+1+1+1+0+1+1)			K30 (1) K50-75 (2+1+1+3+2+1)		12.10
	12.25	5.000m M30-45 (3+5+6+8)					12.25
	12.30		K50-80 (2+1+0+2+1+0+1)				12.30
	12.40			M50-80 (3+2+0+1+1+0+1)			12.40
	12.55	5.000m M50-55 (12+7)				M60-85 (3+2+0+0+4+2)	12.55
	13.25	5.000m M60-75 (9+4+2+1) 5.000m K35-75 (1+2+0+2+1+1+0+1+1)			M30 (1) M45-55 (2+2+5)		13.25
	13.55	3.000m FH M30-55 (1+0+1+1+0+1)					13.55
	14.15	2.000M FK M60+70 (1+1)					14.10