

Tid	Løp	Lengde	Høyde	Kule	Stav
12:00	60m hekk j13 (3)	J10-12 (15)		G10-12 (9)	G14-16 (2)
12:05	60m hekk J14 (7)	4 forsøk		6 forsøk	
12:10	60m hekk J15-19 (4)				
12:15	60m hekk G16-19 (2)				
12:20					
12:25	60m MS (11) h1 +FH				
12:30	h2				J13-15 (8) + KS(1)
12:35	60m G18/19 (3)	G10-12 (11)		J10-12 (11)	
12:40	60m G17 (5)	4 forsøk		6 forsøk	
12:45	60m G16 (4)				
12:50	60m G14-15 (5)				
12:55	60m KS (10) h1				
13:00	h2				
13:05	60m J18/19 (4)	G15-MS (8) +MV			
13:10	60m J16-17 (7)	6 forsøk		G13-16 (6)	
13:15	60m J15 (8)			6 forsøk	
13:20	60m J14 (13) h1				
13:25	h2				
13:30	60m G10 (4)				MS (2)
13:35	60m G11 (8)	J14 (12)			
13:40	60m G12 (7)	4 forsøk		J15-KS (5)	
13:45	60m G13 (8)			6 forsøk	
13:50	60m J10-11 (8)				
13:55	60m J12 (6)				
14:00	60m J13 (9) h1				
14:05	h2	G13-14 (10)			
14:10	60m RR	4 forsøk		J13-14 (10)	
14:15	Sermoni (kretsen)		J 15-KS + G15-MS (7)	6 forsøk	
14:20					
14:25					
14:30	3000m G16-MS + J15-KS (12)				
14:35					
14:40	1000m håndsykkel				
14:45	200m G 10 (4)	J13 (7)			
14:50	200m G 11 (5)	4 forsøk		MS (4) + MV +FH	
14:55	200m G 12 (6)			6 forsøk	
15:00	200m G 13 (6)				
15:05	200m G14 (3)				
15:10	200m MS (9) h1	J17-KS (6)			
15:15	h2	6 forsøk			
15:20	200m G18/19 (3)				
15:25	200m G15-17 (5)				
15:30	200m KS (7) h1				
15:35	h2				
15:40	200m J18/19 (4)	J15-16 (8)			
15:45	200m J17 (4)	6 forsøk			
15:50	200m J10-12 (6)				
15:55	200m J13 (7) h1				
16:00	h2				
16:05	200m J14 (9) h1				
16:10	h2				
16:15	200m J15-16 (7) h1				
16:20	h2				
16:25	400m G18/19-MS (3)				
16:30	400m G16-17 (4) + G13 (1)				
16:35	400m KS (5)				
16:40	400m J17-19 (5)				
16:45	400m J15-16 (2)				
16:50	600m G10-14 (18) h1				
16:55	h2				
17:00	600m J10-14 (10)				
17:05	8x200m teamstafett M (2pr lag)				
17:10	8x200m teamstafett K (2pr lag)				



STEINKJER
Friidrett

Steinkjer Indoor

Steinkjerhallen 21.januar 2017

Tidsskjema