



AKS-Leikane Indoor 28.-29. jan 2023

Tidsskjema - Lørdag 28. januar



Klokken	40m	60m hekk	600m	200m	Kule	Høyde	Stav	Lengde (1)	Lengde (2)	Klokken
10:30					J-8-9 (5)				G-8-9 (SS) (8)	10:30
11:00					G-8-9 (4)			G-14-15-16 + G-18/19 (8)	J-8-9 (SS) (8)	11:00
11:40	J-8-9 (1)									11:40
11:45	G-8-9 (1)									11:45
11:55		J-17 (1)								11:55
12:00		KS (1)								12:00
12:10		J-10-11 (1)								12:10
12:15		G-10-11 (1)								12:15
12:25		J-12 (1)								12:25
12:30		G-12 (1)								12:30
12:40		J-13-14 + G13 (1)							J-10-11-12 (SS) (10)	12:40
12:50		J-15-16 (1)								12:50
13:00		G-14 + G-15 (1)				G-11-12-13 (6)	KS + MS (3)			13:00
13:05		Superfinale J-17 + KS								13:05
13:15		G-16 (1)								13:15
13:20		G-17 + G18/19 + MS (1)								13:20
13:30								J-18/19 + KS (8)		13:30
13:35			J-10-12 + G-10 (1)							13:35
13:40			G-11-12 (1)							13:40
13:45			J-13-15-16-17 (1)							13:45
13:50			G-13-14-15-16 (1)						J-13 (SS) - 14-15 (6)	13:50
13:55			MS (1)							13:55
14:05				J-15-16-17 (2)	J-17 + KS (2)					14:05
14:15				G-15-16-17 (4)						14:15
14:35				J-18/19 + KS (3)						14:35
14:50				G-18/19 + MS (5)						14:50

Antall i parentes:

Løp = antall heat

Tekniske øvelser = antall utøvere