Tidsprogram Bilmetrospelen 2019-05-18

FALU IK FRIIDROTT

| Tid | Klass | Löpning | Höjd | Längd 1 | Längd 2 | Stav | Kula | Spjut | Diskus/Slägga | Tid |
|---|---|---|---|---|---|---|---|---|---|---|
| 09.30 | F10 | 60 m fö (2) | F13/P13 | | | | | MS+P17+P15 | | 09.30 |
| 09.40 | P10 | 60m fi | (9+3) | | | | | (1+6+11) | | 09.40 |
| 09.45 | F11 | 60 m fö (2) | | | | | | | Sl KS+F17+F15 | 09.45 |
| 09.55 | P11 | 60 m fi | | F10+P10 | F15 (12) | | | | (3+4+6) | 09.55 |
| 10.05 | | | | (11+6) | | | | | | 10.05 |
| 10.15 | F13 | 60 hä (2) | | | | MS+KS+P15+F15 | | | | 10.15 |
| 10.25 | P13 | 60 hä (1) | | | | (1+3+5+1) | | | | 10.25 |
| 10.30 | | | | | | | | | | 10.30 |
| 10.35 | F15/P15 | 80 hä (1) | | | | | | | | 10.35 |
| 10.45 | K + F17 | 100 hä (1) | F/P11 | | | | | | | 10.45 |
| 10.50 | | | (10+3) | P9 (10) | | | | | | 10.50 |
| 10.55 | P19 + P17 | 110 hä (1) | | | | | | | | 10.55 |
| 11.00 | | | | | | | | KS+F17+F15 | Di P13 + F13 | 11.00 |
| 11.05 | | | | | | | | (4+4+10) | (6+9) | 11.05 |
| 11.15 | F9 | 60 m fi | | | | | | | | 11.15 |
| 11.20 | P9 | 60 m fi | | | | | | | | 11.20 |
| 11.30 | F10 | 60 m fi | | | | | | | | 11.30 |
| 11.35 | F11 | 60 m fi | | | | | | | | 11.35 |
| 11.40 | P13 | 60 m fö (2) | | F9 (11) | F/P8 | | | | | 11.40 |
| 11.50 | F13 | 60 m fö (3) | | | (11+2) | | F/P11 | | | 11.50 |
| 12.10 | F15 | 80 m fö (2) | KS+F15 | | | | (11+3) | | | 12.10 |
| 12.20 | P15 | 80 m fö (2) | (4+6) | | | | | F13 + P13 | | 12.20 |
| 12.35 | K + F17 | 100 m fi | | | | | | (13+9) | Di MS+P19+P17+P15 | 12.35 |
| 12.40 | M | 100 m fi | | | | | | | (2+0+5+4) | 12.40 |
| 12.45 | P17 | 100 m fi | | F/P11 | | | F/P10 | | | 12.45 |
| 13.00 | P13 | 60 m fi | | (18+5) | | | (8+5) | | | 13.00 |
| 13.05 | F13 | 60 m fi | | | | | | | | 13.05 |
| 13.10 | F7 | 60 m fi | | | | | | | | 13.10 |
| 13.15 | P7 | 60 m fi | | | | | | | | 13.15 |
| 13.20 | F8 | 60 m fi | P15 (5) | | | | | | | 13.20 |
| 13.25 | P8 | 60 m fi | | | | | | | | 13.25 |
| 13.30 | | | | | F/P7 | | | | | 13.30 |
| 13.35 | F15 | 80 m fi | | | (7+7) | | | | | 13.35 |
| 13.40 | P15 | 80 m fi | | | | | M+P19+P17+P15 | | Sl P13 + F13 | 13.40 |
| 13.50 | P17/P15/F15 | 800 m (2+1+3) | | P13 (14) | | | (1+0+4+6) | | (4+10) | 13.50 |
| 14.00 | M/K | 4x100 m | | | | | | | | 14.00 |
| 14.14 | P13/P11/P10 | 600 m (4+3+3) | | | | | | | | 14.14 |
| 14.22 | F13 | 600 m (5) | | | | | | | | 14.22 |
| 14.30 | F11 + F10 | 600 m (7+5) | | | MS+KS+P15 | | | | Sl MS p19++P17+P15 | 14.30 |
| 14.40 | F7 | 200m (4) | | | (5+6+13) | | KS+F17+F15 | | (1+0+2+6) | 14.40 |
| 14.45 | P7 | 200 m (6) | | | | | (5+6+7) | | | 14.45 |
| 14.50 | F8 | 200 m (7) | F/P10 | F13 (25) | | | | | | 14.50 |
| 14.55 | P8 | 200 m (2) | (10+5) | | | | | | | 14.55 |
| 15.00 | F9 | 200 m (6) | | | | | | | | 15.00 |
| 15.10 | P9 | 200 m (5) | | | | | | | | 15.10 |
| 15.15 | P13 | 200 m (10) | | | | | | | | 15.15 |
| 15.25 | F13 | 200 m (13) | | | | | | | | 15.25 |
| 15.35 | K+F17 | 200 m (2+1) | | | | | | | | 15.35 |
| 15.40 | M | 200 m (1) | | | | | | | | 15.40 |
| 15.45 | F15 | 300 m (2) | | | | | F13 + P13 | | Di KS+F17+F15 | 15.45 |
| 15.50 | P15 | 300 m (4) | | | | | (16+7) | | (4+3+5) | 15.50 |
| 16.00 | M+K | 5000 m (3+2) | | | | | | | | 16.00 |