

	Lørdag	Søndag	
	HEP MU20+MS	HEP MU20+MS	PEN KU20+KS
11 00	60m MS + MU20 (5+3)		60hk (0,84/8.5) KS+KU20 (2+3)
05			
10			
15			
20	25min		25min
25			
30		60hk (1.06/9.14) MS (5)	
35			
40		60hk-1.00 MU20 (3)	
45	LJ-1 MS + MU20 (5+3)		HJ KS+KU20
50	30 min		5
55			43,75min = 45min
12 00			
05		25min	
10			
15			
20			
25			
30		PV MS+MU20	
35		8	
40		112min	
45			
50	25min		
55			
13 00			
05			25min
10			
15	SP-1 MS +MU20 (5+3)		
20	25min		
25			
30			SP KS+KU20
35			5
40			15min
45			
50			
55			
14 00			
05	25min		25min
10			
15			
20			
25			
30	HJ MS+MU20 (5+3)		LJ KS+KU20
35	70		5
40			25min
45		25min	

		Lørdag	Søndag	
		HEP MU20+MS	HEP MU20+MS	PEN KU20+KS
	50			
	55			
15	00			25min
	05			
	10		1000m MS+MU20	
	15			
	20			
	25			800m KS+KU20
	30			
	35			
	40			
	45			
	50			
	55			
16	00			
	05			
	10			
	15			
	20			
	25			
	30			
	35			
	40			
	45			
	50			
	55			
17	00			
	05			
	10			
	15			
	20			
	25			
	30			
	35			
	40			
	45			
	50			
	55			