

# Foreløbigt tidsskema – DM Masters Open 2019

Fredag	Løb	Grupper					
19.00	10.000m	Alle K					
20.00		Alle M					

Lørdag	Løb	Grupper	Stang	Længde	Spyd	Hammer	Vægt
12.00	110m hæk	M30-45	0,99-13,72-9,14-9,72	M30+	M60+		K30-45
12.12	100m hæk	M50-55	0,91-13-8,5-10,5				
12.24		K30-35	0,84-13-8,5-10,5				
12.36		M60-65	0,84-12-8-16			K50+	
12.48	80m hæk	K40-45	0,76-12-8-12				
13.00		K50-55 M70-75	0,76-12-7-19				
13.12		K60+ M80+	0,68-12-7-19		K30-45		
13.25	1.500m	M30-40				M65+	
13.33		M45-50					
13.42		M55-65					
13.52		M70+					
14.02		K30+				M50-60	
14.15	100m	M30-35					
14.23		M40-45		K50+			
14.31		M50					
14.39		M55					
14.47		M60				M30-45	
14.55		M65					
15.03		M70+					
15.11		K30-35					
15.19		K40-45					
15.27		K50+			M50-60		K30-45
15.35	100m Finaler	M/K 30+		K30+	M30-35		
15.50	400m	M30-35					
15.58		M40-45			M30-45		K50+
16.06		M50					
16.14		M55					
16.22		M60-65					
16.30		M70+					
16.38		K30-45			K30-45		M65+
16.46		K40-45		M40-45			
16.54		K50+					
17.10	3.000m kapgang	M/K 30+			K50+		M50-60
17.40	3.000m forh.	M 30-55	0,914				
18.10	2.000m forh.	K + M60+	0,762		M50-55	M65+	M30-45
18.30	1.000m stafet	M30-35					
18.40		M40-45					
18.50		M50-55					
19.00		M60+					
19.10		K30+					

Søndag	Løb	Grupper	Højde	Trespring	Diskos	Kugle	
10.00	400m hæk	M30-49	0,91-45-35-40	K30-45	M50-60	K50+	M30-45
10.15		M50-55	0,840-45-35-40				
10.30		K30-45	0,762-45-35-40				
10.45	300m hæk	K50-55 M60-65	0,762/7-50-35-40				
11.00		K60-65 M70-75	0,686/7-50-35-40	M30-45	M65+	K30-45	M50-60
11.15	200m hæk	K70+ M80+	0,686/5-20-45-40				
11.30	5.000m	K30+					
12.10		M30-45		M65+	K30-45	M30-45	M65+
12.40		M50+					
13.15	200m	M30-35		K50+	K50+	M50-60	K30-45
13.23		M40-45					
13.31		M50					
13.39		M55					
13.50		M65					
13.58		M70+					
14.06		K30					
14.14		K35					
14.22		K40-45		M50-60	M30-45	M65+	K50+
14.30		K50+					
14.40	800m	M30-35					
14.50		M40-45					
15.00		M50-55					
15.10		M60-65					
15.20		M70+					
15.30		K30+					