

Preliminary Timeschedule

Danish Open Masters 2019

Friday	Running	Groups						
19.00	10.000m	All W						
20.00		All M						

Satur-day	Running	Groups	Hurdles specifications	Pole Vault	Long Jump	Javelin Throw	Hammer Throw	Weight Throw
12.00	110m Hurdles	M30-45	0,99-13,72-9,14-9,72	M30+	M60+		W30-45	
12.12	100m Hurdles	M50-55	0,91-13-8,5-10,5					
12.24		W30-35	0,84-13-8,5-10,5					
12.36		M60-65	0,84-12-8-16				W50+	
12.48	80m Hurdles	W40-45	0,76-12-8-12					
13.00		K50-55 M70-75	0,76-12-7-19					
13.12		W60+ M80+	0,68-12-7-19		W30-45			
13.25	1.500m	M30-40					M65+	
13.33		M45-50						
13.42		M55-65						
13.52		M70+						
14.02		W30+					M50-60	
14.15	100m	M30-35						
14.23		M40-45			W50+			
14.31		M50						
14.39		M55						
14.47		M60					M30-45	
14.55		M65						
15.03		M70+						
15.11		W30-35						
15.19		W40-45						
15.27		W50+				M50-60		W30-45
15.35	100m Finals	M/W 30+		W30+	M30-35			
15.50	400m	M30-35						
15.58		M40-45				M30-45		W50+
16.06		M50						
16.14		M55						
16.22		M60-65						
16.30		M70+						
16.38		W30-45				W30-45		M65+
16.46		W40-45			M40-45			
16.54		W50+						
17.10	3.000m Race W	M/W 30+				K50+		M50-60
17.40	3.000m SC	M 30-55	0,914					
18.10	2.000m SC	W + M60+	0,762		M50-55	M65+		M30-45
18.30	1.000m Relay	W30+						
18.40		M60+						
18.50		M50-55						
19.00		M40-45						
19.10		M30-35						

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Sunday	Running	Groups	Hurdles specifications	High Jump	Triple Jump	Discus Throw	Shot Put
10.00	400m Hurdles	M30-49	0,91-45-35-40	W30-45	M50-60	W50+	M30-45
10.15		M50-55	0,840-45-35-40				
10.30		W30-45	0,762-45-35-40				
10.45	300m Hurdles	W50-55 M60-65	0,762/7-50-35-40				
11.00		W60-65 M70-75	0,686/7-50-35-40	M30-45	M65+	W30-45	M50-60
11.15	200m Hurdles	W70+ M80+	0,686/5-20-45-40				
11.30	5.000m	W30+					
12.10		M30-45		M65+	W30-45	M30-45	M65+
12.40		M50+					
13.15	200m	M30-35		W50+	W50+	M50-60	W30-45
13.23		M40-45					
13.31		M50					
13.39		M55					
13.50		M65					
13.58		M70+					
14.06		W30					
14.14		W35					
14.22		W40-45		M50-60	M30-45	M65+	W50+
14.30		W50+					
14.40	800m	W30+					
14.50		M70+					
15.00		M60-65					
15.10		M50-55					
15.20		M40-45					
15.30		M30-35					