

Veteran-SM Karlstad 2024

Tidsprogram lördag 3/8

Tid	Löpning	Stav	Längd	Kula	Slägga	Spjut
09:00	M35 200m fö (13)			M50 (6)	K55 (11)	M55 (9)
09:10	M50 200m fö (14)					
09:20	M55 200m fö (14)					
09:30		K40 (2) K45 (2) K50 (1) K55 (1)				
09:35	M40 200m fö (9)					
09:40	M65 200m fö (11)					
09:45			M35 (4) M45 (6)			
09:50	K45 200m fö (10)			M75 (10)		
09:55	K50 200m fö (14)					
10:00	K55 200m fö (10)					
10:05	M75 200m fö (9)					
10:10	K70 200m (2)					
10:15	K35 200m (3)					M80 (4) M85 (1) M90 (2)
10:25	M70 200m (7)				K75 (2) K80 (2) K90 (1)	
10:30	M35 200m fi					
10:35	K60 200m (7)					
10:40	K40 200m (6)					
10:45	M80 200m (5)					
10:50	K65 200m (7)					
10:55	K75 200m (3) K80 200m (2)			M65 (15)		
11:00	K55 200m fi		M40 (4) M50 (8)			
11:05	K50 200m fi					
11:10	K45 200m fi	M70 (1) M75 (4) M80 (1)				
11:15	M60 200m (8)				K50 (10)	M70 (8)
11:25	M55 200m fi					
11:30	M65 200m fi					
11:35	M45 200m (8)					
11:40	M50 200m fi					
11:45	M40 200m fi					
11:50	M75 200m fi					
11:55	M85 200m (3)					

Tid	Löpning	Stav	Längd	Kula	Slägga	Spjut
	M90 200m (1)					
12:15	M35 3000m Hinder (2) M40 3000m Hinder (3) M45 3000m Hinder (1) M50 3000m Hinder (3) M55 3000m Hinder (1)					
12:20			M65 (5)			
12:25				M55 (14)		
12:40					K40 (8)	
12:45	K35 2000m Hinder (1) K45 2000m Hinder (1) K50 2000m Hinder (1) M60 2000m Hinder (6) M65 2000m Hinder (3) M70 2000m Hinder (2) M75 2000m Hinder (1) M80 2000m Hinder (1)					M45 (13)
13:00		M40 (2) M45 (3) M50 (5)	M60 (14)			
13:10	M35 1500m (9)					
13:20	M40 1500m (10)					
13:30	M45 1500m (7)					
13:40	M50 1500m (8)					
13:45				M60 (17)	K35 (4) K45 (5)	
13:50	M55 1500m (18)					
14:00	M60 1500m (11)					M35 (8) M40 (5)
14:10	M65 1500m (11) M70 1500m (5)					
14:20	K50 1500m (8)		M55 (7)			
14:30	K35 1500m (2) K40 1500m (6) K45 1500m (2)					
14:40	M75 1500m (4) M80 1500m (4)					
14:50	K55 1500m (4) K60 1500m (3)					
15:10	K65 1500m (3) K70 1500m (1) K75 1500m (2)					
15:15		M55 (6) M60 (5)		M80 (4) M85 (1) M90 (3)	K60 (7) K65 (1) K70 (1)	M50 (9)

Tid	Löpning	Stav	Längd	Kula	Slägga	Spjut
			Tresteg			
15:30			K35 (2) M70 (2) M75 (4) M80 (3) M90 (1)			
16:00	K Svensk stafett					
16:15				M70 (9)		
16:20						M60 (16)
16:30	M Svensk stafett		Tresteg			
17:00	M 3000m gång K 5000m gång		K45 (3) K50 (2) K55 (2) K60 (2) K80 (1)			
17:15				M35 (4) M40 (3)		
17:30		M65 (8)				M65 (10) M75 (5)
18:00				M45 (12)		

Uppdaterad 20240729