

# RASKA Stórkapping 1 á Tórsbreyt, Leygardagin 13/5-2023

	Renning	Lop	Hædd	Bólt	Diskus/sleggja
11:00	100m ge 14-15 (6)				
11:05					
11:10	100m ge 12-13 (7)				
11:15					
11:20	100m dr 12-13 + 14-15 (6)				
11:25		Longd ge 8-9 (10)			Disk ge 16-19 (5)
11:30	100m ge 10-11 (5)				
11:35					
11:40	100m dr 18-19 + menn (4)				
11:45					
11:50	100m dr 10-11 (5)				
11:55					
12:00	100m ge 16-19 + kv (6)	Longd dr 8-9 (8)			
12:05					
12:10					
12:15	60m ge 8-9 (11)				
12:20					
12:25					
12:30		Longd ge 10-11 (6)			Disk dr 14-15 (4)
12:35	60m dr 8-9 (8)				
12:40					
12:45					
12:50					
12:55	600m ge 12-13 (6)				
13:00					
13:05					
13:10	1000m dr 14-15 (2)				
13:15	600m dr 12-13 (3)				
13:20					
13:25	600m ge 8-9 (6)	Longd ge 16-19 + kv (6)			
13:30					
13:35					
13:40					
13:45	600m dr 10-11 (4)				
13:50	600m ge 10-11 (5)				Disk ge 12-13 (5)
13:55					
14:00	600m dr 8-9 (6)				
14:05					
14:10					
14:15	1000m ge 14-19 (4)	Longd dr 18-19 + menn	Dr 12-15 (3)	Bólt ge 8-9 (7)	