**Endeligt tidsskema for**

**Danske Mesterskaber Esbjerg 2024**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lørdag | Løb | Grupper |  | StangSpring | Længde Spring | SpydKast | Hammer Kast | Vægt Kast |
| 12.00 | 100m Hæk m60-m65 | M60-65 | 0,84-12-8-16 | M30+W30+ | M60 |  | W50+ |  |
| 12.20 | 80m Hæk | M70 | 0,76-12-7-19 |  |  |  |  |  |
| 12.20 | 80m Hæk | W60+ | 0,68-12-7-19 |  |  |  |  |  |
| 12.36 |  |  |  |  |  |  |  |  |
| 12.48 | 1.500m | M35-M55 |  |  |  |  |  |  |
| 13.00 |  |  |  |  |  |  |  |  |
| 13.12 | 1.500m | M60-85W50-55 |  |  | W50+ |  |  |  |
| 13.25 |  |  |  |  |  |  | M65+ |  |
| 13.33 |  |  |  |  |  |  |  |  |
| 13.42 | 100m | W40-55 |  |  |  |  |  |  |
| 13.52 | 100m | W60+ |  |  |  |  |  |  |
| 14.02 | 100m | M30-45 |  |  |  |  | M50-60 |  |
| 14.15 | 100m | M50-60 |  |  |  |  |  |  |
| 14.23 | 100m | M65+ |  |  |  |  |  |  |
| 14.31 |  |  |  |  |  |  |  |  |
| 14.39 |  |  |  |  | M65+ |  |  |  |
| 14.47 |  |  |  |  |  |  | M30-45 |  |
| 14.55 | 400m | M30-45 |  |  |  |  |  |  |
| 15.03 | 400m | M50-55 |  |  |  |  |  |  |
| 15.11 | 400m | M60-65 |  |  |  |  |  |  |
| 15.19 | 400m | M70-75 |  |  |  |  |  |  |
| 15.27 |  |  |  |  |  | M35-60 |  | W50+ |
| 15.35 | 400m | W40-75 |  |  | M30-35 |  |  |  |
| 15.50 |  |  |  |  |  |  |  |  |
| 15.58 |  |  |  |  |  |  |  |  |
| 16.06 | 3000m Kapgang | M/W 30+ |  |  |  |  |  |  |
| 16.14 |  |  |  |  |  |  |  |  |
| 16.22 |  |  |  |  |  |  |  |  |
| 16.30 |  |  |  |  |  |  |  | M65+ |
| 16.38 | 2.000m Forh. Løb | M60+ | 0,762 |  |  | W40+ |  |  |
| 16.46 |  |  |  |  | M40-45 |  |  |  |
| 16.54 | 4x100m Stafet | M30+ |  |  |  |  |  |  |
| 16.54 | 4x100m Stafet | W30+ |  |  |  |  |  | M50-60 |
| 17.40 |  |  |  |  |  |  |  |  |
| 18.10 | 1000m Medley | M50+ |  |  | M50-55 | M65+ |  |  |
| 18.30 |  |  |  |  |  |  |  |  |
| 18.40 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 18.50 |  |  |  |  |  |  |  |  |
| 19.00 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Søn-dag | Løb | Groups |  | Højde Spring | 3- Spring | Diskos Kast | Kugle Stød |  |
| 10.00 | 300m Hæk | M65-70 | 0,686/7-50-35-40 |  | M50-60 | W45+ | M30-55 |  |
| 10.15 |  |  |  |  |  |  |  |  |
| 10.30 |  |  |  |  |  |  |  |  |
| 10.45 | 5.000m | W40+ |  |  |  |  |  |  |
| 11.00 |  |  |  | W50-60 | M65+ |  | M60 |  |
| 11.15 | 5000m | M35-50 |  |  |  |  |  |  |
| 11.45 | 5000m | M55-75 |  |  |  |  |  |  |
| 12.10 |  |  |  | M65+ | W30-45 | M30-45 | M65+ |  |
| 12.40 | 200m | M30-45 |  |  |  |  |  |  |
| 12.48 |  | M50 |  |  |  |  |  |  |
| 12.56 |  | M55-60 |  |  |  |  |  |  |
| 13.04 |  | M65 |  |  |  |  |  |  |
| 13.12 |  | M70-80 |  |  |  |  |  |  |
| 13.15 |  |  |  | W65+ | W50+ | M50-60 | W45 |  |
| 13.20 | 200m | W40-55 |  |  |  |  |  |  |
| 13.28 |  | W60-80 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 14.00 | 800m | M30-45 |  |  |  |  |  |  |
| 14.10 |  | M50 og M65 |  |  |  |  |  |  |
| 14.20 |  | M60 og M70-80 |  |  |  |  |  |  |
| 14.22 |  |  |  | M50-60 | M30-45 | M65+ | W50+ |  |
| 14.30 | 800m | W45+ |  |  |  |  |  |  |
| 14.40 |  |  |  |  |  |  |  |  |
| 14.50 |  |  |  |  |  |  |  |  |
| 15.00 | 4x400m | M50 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

Tak for i år :)