

Tidsskjema KM Oslo & Akershus 2025 - Lørdag 13. September

	Løp	Liten ball / Spyd	Kule / Diskos	Høyde	Lengde
	60m	Liten ball	Kule		
10:00		J-6-8 J-9 J-10 (11)	G-9 G-10 (12)		G-6-8 (12)
10:05					
10:10					
10:15					
10:20	J-11 (2h) (9)				
10:25					
10:30	J-12 (2h) (14)				
10:35			G-11 G-12 (13)	G-9 (8)	
10:40	J-6-8 (3)				
10:45	J-9 (6)				J-11 (10)
10:50	J-10 (3-4h) (22)				
10:55					
11:00	J-13 (3-4h) 23				
11:05					
11:10	J-14 (2h) (11)			G-10 G-11 (13)	
11:15			G-14 G-15 MS (5)		J-9 (5)
11:20	100m				
11:25	J-15 (1-2h) (8)				
11:30					
11:35	J-16 J-17 J-18/19 (7)				
11:40					
11:45					J-10 (17)
11:50	200m				
11:55	G-6-8 (2h) (9)		G-13 (11)	G-12 (11)	
12:00					
12:05	G-9 (2h) (9)				
12:10					
12:15	G-10 (2h) (11)				
12:20					
12:25	G-11 (2h) (9)				
12:30					
12:35	G-14 (5)				
12:40	G-15 (3)				
12:45	G-17 (6)				J-12 (11)
12:50	G-12 (3h) (13)				
12:55			Diskos		
13:00	G-13 (3-4h) (16)		G-11 G-12 (5)		
13:05					
13:10	G-18/19 MS (5)			G-13 G-14 (9)	
13:15					
13:20					
13:25					
13:30					J-13 (17)
13:35					
13:40		Spyd			
13:45		J-11 J-12 (8)			
13:50					
13:55					
14:00					
14:05				G-15 G-16 G-17 G-18/19 MS (8)	
14:10	200m hekk				
14:15	G-11 G-12 (1-2h) (6)				
14:20	G-13 (4)				
14:25					
14:30	G-14 (1)				
14:35					
14:40	J-14 (1)		G-13 (9)		
14:45					
14:50	J-11 (4)				J-14 J-15 J-16 (12)
14:55	J-12 (5)				
15:00					
15:05	J-13 (4)				
15:10					
15:15	300m hekk				
15:20	G-15 (4)				
15:25	J-16 (1)				
15:30					
15:35	400m hekk				
15:40	G-17 (1)				
15:45	J-18/19 (1)				
15:50			G-15 G-17 G-18/19 MS (6)		
15:55					
16:00					
16:05					
16:10					
16:15					
16:20		J-13 J-14 J-15 J-16 (11)			
16:25					
16:30					
16:35					
16:40					
16:45					
16:50					
16:55					
17:00					