

Tidsskjema KM Oslo & Akershus 2025 - Søndag 14. September

	Løp	Liten ball / Spyd	Kule / Diskos	Høyde	Lengde
	60m	Liten ball	Kule		
10:00	G-9 (2h) (10)	G-6-8 (7)	J-9 (4)		
10:05					
10:10	G-10 (2h) (15)				
10:15					
10:20	G-11 (2h) (14)		J-10 (13)		
10:25		G-9 G-10 (9)			
10:30	G-12 (3h) (19)				J-6-8 (7)
10:35					
10:40	G-13 (3h) (17)				
10:45					
10:50	G-14 (8)				
10:55					
11:00	G-6-8 (8)		J-14 (6)	J-9 J-10 (11)	G-9 (9)
11:05					
11:10					
11:15					
11:20					
11:25	100m				
11:30	G-15 (8)				
11:35	G-16 G-17 (6)		J-13 (11)		
11:40	G-18/19 MS (5)				G-10 (15)
11:45					
11:50					
11:55				J-11 J-12 (12)	
12:00					
12:05	200m				
12:10	J-6-8 (2h) (8)				
12:15		Spyd			
12:20	J-9 (5)	G-13 (7)			
12:25					G-11 (12)
12:30	J-10 (3h) (16)				
12:35					
12:40					
12:45					
12:50					
12:55					
13:00					
13:05			J-11 J-12 (15)	J-13 (9)	G-12 (14)
13:10					
13:15					
13:20	600m				
13:25	G-9 (9)				
13:30					
13:35	G-10 (10)				
13:40					
13:45	J-9 J-10 (11)		J-15 J-16 KS (8)		
13:50					G-13 (11)
13:55	200m				
14:00	J-11 (2h) (11)				
14:05					
14:10	J-12 (3h) (14)				
14:15					
14:20	J-13 (3h) (16)				
14:25					
14:30	J-14 (6)				
14:35	J-15 (2h) (8)				
14:40			Diskos		G-14-18/19 (10)
14:45	J-16 (5)		J-11 J-13 (6)		
14:50	J-17 J-18-19 KS (2h) (7)				
14:55					
15:00				J-14 J-15 J-16 (9)	
15:05					
15:10					
15:15		G-11 G-12 (10)			
15:20					
15:25					
15:30	800m				
15:35	J15 J-16 J-18/19 (7)				
15:40	G-15 G-16 G-17 (4)				
15:45	G-18/19 MS (8)				
15:50					
15:55	600m				
16:00	G-11 (11)	G-14-18/19 (8)	J-14 J-15 KS (7)		
16:05					
16:10	J-11 J-12 (14)				
16:15					
16:20	G-12 (15)				
16:25					
16:30	J-13 J-14 (12)				
16:35					
16:40	G-13 (15)				
16:45					
16:50	G-14 (4)				
16:55					
17:00					