SØNDAG/SUNDAY

Klasse/ klass	Hinder/ steeplechase	400m	1500m	10 km gang/walk	Stav/ pole vault	Tresteg/ triple jump	Spyd/ jevelin	Kule/ shot put	Slegge/ hammer	Vektkast/ weight	Klasse/ klass
M35	3000m 13:15	11:45	10:30	12:15		12:00	13:30				M35
M40	3000m 13:15		10:30	12:15	10:00	12:00					M40
M45	3000m 13:15	11:50	10:30	12:15	10:00	12:00	13:30				M45
M50	3000m 13:15	11:55	10:40	12:15		12:00	13:30				M50
M55	3000m 13:15	12:00	10:40	12:15	10:00	13:30	12:15				M55
M60	2000m 12:45	12:00	10:50	12:15	12:00	13:30	12:15			10:00	M60
M65	2000m	12:05	10:50	12:15	12:00	13:30	10:00			11:30	M65
M70	2000m 12:45	12:15	10:50		12:00	13:30	10:00			11:30	M70
M75	2000m	12:25		12:15		14:30	11:15			13:00	M75
M80	2000m	12:25				14:30	11:15			13:00	M80
M85	2000m					14:30	11:15			13:00	M85
M90>							11:15			13:00	M90>
				5 km							
K/L35	2000m 12:45	11:10	10:00	11:00		10:00					K/L35
K/L40	2000m	11:10	10:00	11:00		10:00		08:00	09:00		K/L40
K/L45	2000m	11:10	10:00	11:00		10:00		08:00	09:00		K/L45
K/L50	2000m 12:45	11:20	10:00	11:00		10:00			09:00		K/L50
K/L55		11:30	10:15					09:00	08:00		K/L55
K/L60		11:40	10:15	11:00		10:00		09:00	08:00		K/L60
K/L65				11:00				09:00	08:00		K/L65
K/L70		11:40	10:15	11:00		10:00		09:00			K/L70
K/L75								09:00			K/L75
K/L80				11:00				09:00	08:00		K/L80
K/L 85											K/L 85
K/L90>											K/L90>