



Tidsskjema Hadarleikane 2026.xlsx

	Løp	Lengde 1	Lengde 2	Kast 1	Kast 2
	60m			Kule	
12:00	J7-J8	G10-G12		J11+J12+J14	
12:05	J9				
12:10	G7-G8		J7-J9		
12:15	G9				
12:20				J16+J18-19	
12:25	J11-J12	G7-G9			
12:30	J13-14				
12:40	G10-G14				
12:45			J11-J13	Liten ball	
12:50				J7-J9	
13:10	60m hekk			G7-G9	
13:15	J11-J14				Kule
13:20					G11-12
13:25	100m				
13:30	G14+G16+MS				
13:45				Spyd	
13:50		G16+J14+J18-19		MS+J16	
14:00				Liten ball	
14:05				G10	
14:25	J14+J16				
14:35					Slegge
14:40					J18-19