

ATAC piste Turnhout
MEMORIAL JEF VISSERS
Zaterdag 9 april 2016
Elektronische tijdopname

Aanvang 14:00u

loop-kampnummer 1,50 Euro per proef

cad H 100 - 2000 - 300 - 100H - hoog - discus
schol H 100 - 2000 - 300 - 110H - hoog - speer
jun/sen H 100 - 2000 - 300 - 110H - ver - speer - discus - hamer
jun H 110H
mas H 100 - 2000 - 80H - 100H - 110H - ver - speer - discus - hamer
ac H 4 x 200
cad D 100 - 2000 - 300 - 80H - hoog -speer
schol D 100 - 2000 - 300 - 100H - hoog -speer
jun/sen D 100 - 2000 - 300 - 100H - ver - speer - discus - hamer
mas D 100 - 2000 - 80H - 100H - ver - speer - discus - hamer
ac D 4 x 200

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|---|---|
| 14:00 80H mas H (m70-75) 80H cad D 80H mas D (w40-45-50-55) 100H mas H (m60-65) 100H schol D 100H jsm D 100H cad H 100H mas H (m50-55) 110H schol H 110H Jun H 110H mas H (m35-40-45) 110H sen H | 14:00 ver J/S/M H hamer J/S/M D (B) discus J/S H speer mas H (m60-65-70-75) |
| 15:15 100m cad D 100m schol D 100m jsm D 100m cad H 100m schol H 100m jsm H | 15:15 hoog cad-schol H discus Mas H 15:30 discus J/S/M D (B) speer schol H / mas 50-55 H |
| 16:00 2000m cad D 2000m schol D 2000m jsm D 2000m cad M 2000m schol M 2000m jsm M | 16:00 discus cad H |
| 16:30 300m cad D 300m schol D 300m jsm D 300m cad M 300m schol M 300m jsm M | 16:15 hoog cad-schol D 16:30 hamer J/S/M H (B) speer J/S/M D (w35-40-45) |
| 17:30 4 x 200 ac D 4 x 200 ac H | 17:00 ver J/S/M D 17:15 speer J/S/M H (H35-40-45) |