

HOËRSKOOL NELSPRUIT VRIENDSKAPLIKE ATLETIEKBYEENKOMS 19/01/2019

ITEMLYS MET DIE BEGINTYE VAN ELKE ITEM

	S14	S15	S 16	S17	S19	D14	D15	D16	D17	D19
100M	10:05	9:55	9:45	10:15	10:25	10:00	9:50	9:40	10:10	10:20
200M	13:00	12:50	12:30	12:25	12:20	13:05	12:55	12:45	12:40	12:35
400M	14:50	15:00	15:10	15:20	15:30	14:45	14:55	15:05	15:15	15:25
800M	10:35	10:45	10:55	11:05	11:15	10:30	10:40	10:50	11:00	11:10
1500M	13:22	13:37	13:52	14:06	14:25	13:15	13:30	13:45	13:59	14:15
3000M				8:15	8:00				8:30	8:30
KH	11:50	11:45	11:35	11:30	11:25	12:10	12:05	12:00	11:55	11:40
LH	9:20	9:15	8:55	8:50	8:45	9:30	9:25	9:10	9:05	9:00
HS	11:00	12:30	8:00	10:15	8:45	10:15	11:00	8:45	8:00	12:30
VS	8:45	10:15	13:15	12:30	11:45	8:45	13:15	8:00	10:15	11:45
DS				8:00	9:30				11:00	9:30
GS	9:30	8:00	14:45	11:45	14:00	11:00	12:30	10:15	13:15	8:45
SW	13:15	11:00	9:30	8:45	12:30	14:45	8:00	14:00	11:45	10:15
SG	14:45	14:00	12:30	11:00	10:15	8:00	8:45	11:45	9:30	13:15
AFLOSSE	15:30	15:30	15:30	15:30	15:30	15:30	15:30	15:30	15:30	15:30

PRYSUITDELING DIREK NA AFLOOP VAN DIE LAASTE O/19 AFLOS