

AVR vijfkamp

meerkamp 3€

| | | | | | |
|--------------|-------------|--------------|-------------|--------------|-------------|
| cad heren | cad dames | schol heren | sch dames | JSM heren | JSM dames |
| 10.00 ver | 10.00 80mh | 10.00 ver | 10.15 100mh | 10.00 ver | 10.30 100mh |
| 10.30 speer | 11.00 hoog | 11.00 speer | 11.00 hoog | 11.30 speer | 11.30 kogel |
| 13.00 200m | 13.00 kogel | 13.15 200m | 13.00 kogel | 13.30 200m | 13.15 hoog |
| 14.00 discus | 14.00 ver | 14.45 discus | 14.00 ver | 15.30 discus | 14.45 ver |
| 16.30 1500m | 16.15 speer | 16.30 1500m | 16.00 800m | 16.45 1500m | 16.15 800m |

| | | | | | | |
|-------|---------------|---------------|---------------|---------------|-------------|-------------|
| | loopnummers | verspringen | hoogspringen | kogelstoten | discus | speer |
| 10.00 | 80mh cad D | cad/sch/JSM H | | | | |
| 10.15 | 100mh schol D | | | | | |
| 10.30 | 100mh JSM D * | | | | | cad H 600gr |
| 11.00 | | | cad D - sch D | | | sch H 700gr |
| 11.15 | | | | | | |
| 11.30 | | | | JSM D * | | JSM H * |
| 13.00 | 200m cad H | | | Cad/Sch D 3kg | | |
| 13.15 | 200m schol H | | JSM D | | | |
| 13.30 | 200m JSM H | | | | | |
| 14.00 | | cad D - sch D | | | cad H 1kg | |
| 14.15 | | | | | | |
| 14.45 | | JSM D | | | sch H 1.5kg | |
| 15.00 | | | | | | |
| 15.30 | | | | | JSM H * | |
| 16.00 | 800m schol D | | | | | cad D 500gr |
| 16.15 | 800m JSM D | | | | | |
| 16.30 | 1500m cad H | | | | | |
| 16.30 | 1500m schol H | | | | | |
| 16.45 | 1500m JSM H | | | | | |

* horden masters dames

| | afstand | hoogte | aantal | eerste horde | tussenaafstand | laatste voor aankomst |
|--------|---------|--------|--------|--------------|----------------|--------------------------|
| W35 | 100h | 0.840 | 10 | 13 | 8.5 | 10.5 |
| W40/45 | 80h | 0.762 | 8 | 12 | 8 | 12 |
| W50+ | 80h | 0.762 | 8 | 12 | 7 | 19 |
| W60+ | 80h | 0.686 | 8 | 12 | 7 | 19 |

* kogel W35/45 4kg W50/55 3kg W60/65/70 3kg W70+ 2kg

* discus jun H 1.750kg S-M35/45 2kg M50/55 1.5kg M60+ 1kg

* speer J-S-M35/45 800gr M50/55 700gr M60/65 600gr M70/75 500gr M80+ 400gr