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| Atletiekclub VITApiste Ninove (Mondo)Nummer : 19309 | Zondag 19 mei 201914u00  |

# B.V.V. Mannen Landelijke 2B

## PROGRAMMA

|  |  |
| --- | --- |
|  | 100m – 200m – 400m - 800m – 1500m – 3000m – 5000m - 400H Hoog – ver – hinkstap - kogel – discus - speer – 4x100m – 4x400m |
|  |  |  |  |
|  |  |  |  |

## UURROOSTER

|  |  |  |  |
| --- | --- | --- | --- |
| 14u00 | 400H (91cm) | 14u00 | Hoog |
| 14u15 | 400m |  | Hinkstap |
|  |  |  | Speer (800gr |
| 14u30 | 100m |  | Kogel (7.26kg) |
| 14u45 | 800m |  |  |
|  |  |  |  |
| 15u00 | 1500m | 15u15 | Ver |
| 15u15 | 3000m |  | Discus (2kg) |
| 15u30 | 5000m |  |  |
|  |  |  |  |
|  |  |  |  |
| 15u50 | 200m |  |  |
|  |  |  |  |
| 16u30 | 4x100m  |  |  |
| 16u45 | 4x400m |  |  |
|  |  |  |  |
|  |  |  |  |
|  | **Deelnemende clubs** |  |  |
|  | Vita-asvo-wibo-ob-hco-macwAvmo-riem-lat-acg-hamm-spbo**Hoogten van de lat** |  |  |

 1.40-1.50-1.60-1.65-1.70-1.75-1.80-1.85-1.90-1.95-2.00 + 3cm