

Tíðarættlan Sunnudagur

Kl./grein	Spurt/langspurt	Longdarlop	Hæddarlop	Kúlustoyt
13.00	Ge 8-9 60m (5)	Dr 12-13 (5)	Ge 16-19 (1+3)	Ge 14-15 (2)
13.05	Dr 8-9 60m fin (6)		Dr 16-19 (2)	
13.10				
13.15	Ge 10-11 60m (4)			
13.20	Dr 10-11 60m (3)	Dr 14-15 (3)		Dr 8-9 (9)
13.25				
13.30	Ge 12-13 80m fin (6)			
13.35	Dr 12-13 80m (5)			
13.40				
13.45		Ge 12-13 (10)		
13.50	Ge 14-15 100m (2)			Ge 8-11 (5+3)
13.55				
14.00	Ge 16-19 100m (6)			
14.05	Dr 14-19 100m (4)			
14.10				
14.15				
14.20				Dr 10-11 (4)
14.25	Ge 8-9 400m (4)	Ge 14-15 (2)		
14.30	Dr 8-9 400m (8)			
14.35				
14.40	Heiðursmerkjahandan			
14.45	Dr 12-13 300m (4)			Ge 16-19 (2+2)
14.50	Dr 14-15 300m (3)			
14.55	Ge 10-11 300m (3)			
15.00	Dr 10-11 300m (4)			
15.05	Ge 12-13 300m (5)			Dr 12-19 (2+1+1)
15.10	Ge 12-13 300m (4)			
15.15	Ge 14-15 300m (3)			
15.20				
15.25	Ge 18-19 400m (2)			Ge 12-13 (6)
15.30	Dr 18-19 400m (1)			
15.35				
15.40	8-9 4x200 mix			
15.45				
15.50	10-11 4x200 mix			
15.55				
16.00	12-13 4x200 mix			
16.05				
16.10	Dr 14-19 1.000m boðrenning			
16.15				
16.20	Ge 14-19 1.000m boðrenning			