

TIDSPROGRAM GURKSPELEN 2026 - Söndag 9/8

Söndag	Löpningar		Höjd	Längd A	Längd B	Spjut	Boll	Kula	Söndag
10:00					P11 (10)		P10/P9		10:00
10:05							(8+8)		10:05
10:10									10:10
10:15									10:15
10:20						F13 (9)			10:20
10:25									10:25
10:30									10:30
10:35									10:35
10:40									10:40
10:45	F15	80m försök (30)							10:45
10:50							P8 (10)	P9/F9	10:50
10:55								(10+5)	10:55
11:00									11:00
11:05	P15	80m försök (16)			P10 (11)				11:05
11:10				F15 (27)					11:10
11:15									11:15
11:20	M	100m försök (25)							11:20
11:25									11:25
11:30			F13 (12)			P13 (14)			11:30
11:35	K	100m försök (11)							11:35
11:40									11:40
11:45	I-20/R-stå	100m (1+1)					P11 (9)	P8/F8	11:45
11:50	R-72/R-rull	100m (1+2)						(9+3)	11:50
11:55									11:55
12:00									12:00
12:05	P17/F17	100m final (1+4)			F11 (10)				12:05
12:10									12:10
12:15									12:15
12:20	M	100m final B							12:20
12:25	M	100m final A							12:25
12:30									12:30
12:35	K	100m final					F10/F9/F8		12:35
12:40							(6+2+4)		12:40
12:45						K/F17		P19/P15	12:45
12:50						(6+4)		(3+7)	12:50
12:55									12:55
13:00									13:00
13:05	P15	80m final	P13/P12	M (11)	F12 (13)				13:05
13:10	F15	80m final B	(3/12)						13:10
13:15	F15	80m final A							13:15
13:20									13:20
13:25							F11 (7)		13:25
13:30									13:30
13:35									13:35
13:40	I-20/R-stå	200m (1+1+1)							13:40
13:45									13:45
13:50	R-72/R-rull	200m (2+2)							13:50
13:55									13:55
14:00									14:00
14:05									14:05
14:10	F15	300m (20)							14:10
14:15					F10 (7)	M/P17/P15			14:15
14:20						(5+2+7)			14:20
14:25	P15	300m (13)		K/F17 (8+3)					14:25
14:30									14:30
14:35			F12 (14)						14:35
14:40								F15 (15)	14:40
14:45									14:45
14:50	F17	1500m (6)							14:50
14:55									14:55
15:00	K	1500m (7)			P12 (10)				15:00
15:05									15:05
15:10	M/P17	1500m (15+1)							15:10
15:15									15:15
15:20									15:20
15:25									15:25
15:30	P15	2000m (8)							15:30
15:35									15:35
15:40				P17/P15/I-20/R-stå					15:40
15:45	F15	2000m (10)		(3+7+1+1)					15:45
15:50								M/K/F17	15:50
15:55								(1+5+4)	15:55
16:00						F15 (13)			16:00
16:05	F17	400m (3)							16:05
16:10									16:10
16:15	K	400m (10)							16:15
16:20									16:20
16:25									16:25
16:30	M	400m (20)							16:30
16:35									16:35
16:40									16:40