

INDOOR TRACK RUN SPRAWDZIANY

PROGRAM MINUTOWY

14.30 2000 m	16	1 s	w dal M	31	wzwyż K	24
14.40 1000mK NR1	14	2 s				
14.50 1000m M NR1	21	3 s				
15.05 500m K NR1	11	2 s				
15.13 500m M NR1	20	3 s				
15.30 1000m M NR2	8	1 s				
15.37 500m K NR2	3	1 s				
15.40 500m M NR2	8	1 s				
15.45 300m K NR1	34	11 s				
16.00			w dal K	35	Wzwyż M	11
16.10 300m M NR1	46	15 s				
16.40 150m K NR1	50	15 s				
17.10 150m M NR1	43	13 s				
17.35 60m K NR1	107	21 s				
18.20 60m M NR1	107	21 s				
19.00 300m K NR2	14	5 s				
19.10 300m M NR2	20	7 s				
19.25 150m K NR2	18	6 s				
19.40 150m M NR2	29	9 s				
19.55 60m K NR2	16	4 s				
20.05 60m M NR2	23	5 s				

