

datum: 3 augustus 2019

wedstrijd: open meeting DALO Lommel (B)

	loopn.		ver	discus	speer	kogel	hoog
18u00	100 m	kad d	schol h	js h	js d	schol h	jsm d
		schol d	kad h	mas M35-45	mas W35/45	mas M60-65	kad d
		jsm d	jsm h				schol d
		kad h					
		schol h					
		jsm h					
18u45	600 m	kad d		schol h	js h	kad h	
		schol d		mas M50-55	mas M35-45	mas M70-75	
		jsm d				mas M80+	
		kad h					
		schol h					
		jsm h					
19u30	200 m	kad d	jsm d	js d	kad d	js h	jsm h
		schol d	kad d	mas W35-40-45	schol d	mas M35-45	kad h
		jsm d	schol d		mas W50-55	mas M50-55	schol h
		kad h			mas W60-65-70		
		schol h			mas W75+		
		jsm h					
20u15	2000 m	kad d		kad h	schol h	kad d	
		kad h		mas M60-65-70+	mas M50-55	schol d	
	3000 m	schol d				mas W50-55-60+	
		jsm d				mas W75+	
		schol h					
		jsm h					
21u00	4x100	ac d		schol d	kad h	js d	
		ac h		kad d	mas M60-65	mas W35-40-45	
				mas W50-55-60+	mas M70-75		
				mas W 75+	mas M80+		

	Categorie België				Categorie Nederland		
heren	kad	100 m	200m	600m	2000m		jun C
		ver	discus	speer	kogel	hoog	
	schol	100 m	200 m	600m	3000m		Jun B
		ver	discus	speer	kogel	hoog	
	jsm	100 m	200 m	600m	3000m		Jun A / Sen / Veteranen
ver		discus	speer	kogel	hoog		
ac	4x100m						
dames	kad	100 m	200 m	600m	2000m		jun C
		ver	discus	speer	kogel	hoog	
	schol	100 m	200 m	600m	3000m		Jun B
		ver	discus	speer	kogel	hoog	
	jsm						Jun A / Sen / Veteranen
ac	4x100m						