

TIJDSHEMA NELLI COOMAN GAMES 2022

LOOPONDERDELEN

| | | | |
|--------|--------------|--------|-----|
| 09.40u | 200m | FR M | fin |
| 09.50u | 200m | FR V | fin |
| 10.00u | 40m | MPC | 3s |
| 10.15u | 40m | JPC | 2s |
| 10.25u | 40m | MPB | 3s |
| 10.40u | 40m | JPB | 2s |
| 10.50u | 60m | FR M | fin |
| 10.55u | 60m | FR V | fin |
| 11.05u | 60m | MPA1 | 3s |
| 11.20u | 60m | JPA 1 | 2s |
| 11.30u | 60m | JPA 2 | 2s |
| 11.40u | 60m | MPA 2 | 3s |
| 11.55u | 60m | MD | 3s |
| 12.15u | 80m | MC | 2s |
| 12.25u | 80m | JD | 2s |
| 12.30u | 100m | JC | 2s |
| 12.35u | 100m | FR M | fin |
| 12.45u | 100m | FR V | fin |
| 13.15u | 4 * 60m est | MD | 1s |
| 13.25u | 4 * 80m est | JD MC | 1s |
| 13.35u | 4 * 100m est | JC | 1s |
| 13.45u | 800m | FR | 1s |
| 14.00u | 600 m | JPC | 2s |
| 14.15u | 600 m | MPC | 1s |
| 14.25u | 600 m | MD | 2s |
| 14.40u | 600 m | MC | 1s |
| 14.45u | 1000m | JD | 1s |
| 14.50u | 1000m | JPB | 1s |
| 14.55u | 1000m | MPB | 1s |
| 15.00u | 1000m | JPA1 | 1s |
| 15.05u | 1000m | JPA 2 | 1s |
| 15.10u | 1000m | MPA1 | 1s |
| 15.15u | 1000m | MPA2 | 1s |
| 15.20u | 1000m | JC | 1s |
| 15.30u | 400m | VB atl | 1s |
| 15.50u | 60m | MD | fin |
| 15.55u | 80m | MC | fin |
| 16.00u | 80m | JD | fin |
| 16.05u | 100m | JC | fin |
| 16.10u | 100m | VB atl | fin |

TECHNISCHE ONDERDELEN

| | | | |
|--------------------|-----------|--------------------|-------|
| Hoog bak 1 | | Hoog bak 2 | |
| 10.00u | JPA 1 | 10.45u | MPB |
| 12.30u | MPA1 | 12.15u | JPB |
| 15.00u | JC | 15.00u | MC |
| Hoog bak 3 | | Hoog bak 4 | |
| 10.00u | JPA 2 | 10.15u | MPC |
| 12.15u | JPC | 12.00u | MPA2 |
| 13.45u | MD | | |
| 15.00u | JD | | |
| Ver bak 1 | | Ver bak 2 | |
| 10.00u | MPA 2 | 10.00u | MPA 1 |
| 10.55u | JPB | 10.55u | JPC |
| 11.45u | VB atl MV | 12.00u | MPB |
| 12.20u | JPA2 | 13.00u | JPA 1 |
| 13.10u | MPC | 13.50u | JD |
| 14.15u | JC | 15.00u | MC |
| 15.15u | MD | | |
| Kogel bak 1 | | Kogel bak 2 | |
| 10.30u | JC | 10.00u | JD |
| 11.35u | MPA1 | 10.45u | MD |
| 12.30u | MC | 12.00u | JPA 1 |
| 13.20u | MPB | 13.00u | JPA 2 |
| 14.15u | MPA 2 | 13.45u | JPB |
| Balwerpen | | Speerwerpen | |
| 12.00u | MPC | 12.45u | MD JD |
| 14.15u | JPC | 14.30u | MC |
| | | 15.30u | JC |
| Discus | | | |
| 14.15u | JC | | |
| 15.00u | JD MD | | |
| 15.45u | MC | | |

JPC

| | | |
|--------|--------|----|
| 10.15u | 40m | 15 |
| 10.55u | Ver 2 | 15 |
| 12.15u | Hoog 3 | 15 |
| 14.00u | 600m | 15 |
| 14.15u | Bal | 15 |

MPC

| | | |
|--------|--------|----|
| 10.00u | 40m | 19 |
| 10.15u | Hoog 4 | 19 |
| 12.00u | Bal | 19 |
| 13.10u | Ver 1 | 19 |
| 14.15u | 600m | 19 |

MC

| | | |
|--------|-------------|----|
| 12.15u | 80m 2s | 13 |
| 12.30u | Kogel 1 | 10 |
| 13.25u | 4 * 80m est | 1 |
| 14.30u | Speer | 10 |
| 14.40u | 600m 1s | 7 |
| 15.00u | Ver 2 | 10 |
| 15.00u | Hoog 2 | 9 |
| 15.45u | Discus | 7 |
| 15.55u | 80m fin | 8 |

JPB

| | | |
|--------|---------|----|
| 10.40u | 40m | 10 |
| 10.55u | Ver 1 | 10 |
| 12.15u | Hoog 2 | 10 |
| 13.45u | Kogel 2 | 10 |
| 14.50u | 1000m | 10 |

MPB

| | | |
|--------|---------|----|
| 10.25u | 40m | 18 |
| 10.45u | Hoog 2 | 18 |
| 12.00u | Ver 2 | 18 |
| 13.20u | Kogel 1 | 18 |
| 14.55u | 1000m | 18 |

VB atleten vrouwen

| | | |
|--------|-------|---|
| 11.45u | Ver 1 | 1 |
| 15.30u | 400m | ? |
| 16.10u | 100m | ? |

JPA 1

| | | |
|--------|---------|----|
| 10.00u | Hoog 1 | 10 |
| 11.20u | 60m | 10 |
| 12.00u | Kogel 2 | 10 |
| 13.00u | Ver 2 | 10 |
| 15.00u | 1000m | 10 |

MPA 1

| | | |
|--------|---------|----|
| 10.00u | Ver 2 | 21 |
| 11.05u | 60m | 21 |
| 11.35u | Kogel 1 | 21 |
| 12.30u | Hoog 1 | 21 |
| 15.10u | 1000m | 21 |

VB atleten mannen

| | | |
|--------|-------|---|
| 11.45u | Ver 1 | 2 |
| 15.30u | 400m | ? |
| 16.10u | 100m | ? |

JPA 2

| | | |
|--------|---------|----|
| 10.00u | Hoog 3 | 12 |
| 11.30u | 60m | 12 |
| 12.20u | Ver 1 | 12 |
| 13.00u | Kogel 2 | 12 |
| 15.05u | 1000m | 12 |

MPA 2

| | | |
|--------|---------|----|
| 10.00u | Ver 1 | 19 |
| 11.40u | 60m | 19 |
| 12.00u | Hoog 4 | 19 |
| 14.15u | Kogel 1 | 19 |
| 15.15u | 1000m | 19 |

Frame Running Mannen

| | | |
|--------|------|---|
| 09.40u | 200m | 3 |
| 10.50u | 60m | 5 |
| 12.35u | 100m | 5 |
| 13.45u | 800m | ? |

JD

| | | |
|--------|-------------|----|
| 10.00u | Kogel 2 | 4 |
| 12.25u | 80m 2s | 12 |
| 12.45 | Speer | 10 |
| 13.35u | 4 * 80m est | 2 |
| 13.50u | Ver 2 | 13 |
| 14.45u | 1000m 1s | 6 |
| 15.00u | Discus | 1 |
| 15.00u | Hoog 4 | 7 |
| 16.00u | 80m fin | 8 |

MD

| | | |
|--------|-------------|----|
| 10.45u | Kogel 2 | 13 |
| 11.55u | 60m 3s | 22 |
| 12.45u | Speer | 11 |
| 13.15u | 4 * 60m est | 1 |
| 13.45u | Hoog 3 | 11 |
| 14.25u | 600m 2s | 22 |
| 15.00u | Discus | 6 |
| 15.15u | Ver 1 | 15 |
| 15.50u | 60m fin | 8 |

Frame Running Vrouwen

| | | |
|--------|------|---|
| 09.50u | 200m | 3 |
| 10.55u | 60m | 3 |
| 12.45u | 100m | 6 |
| 13.45u | 800m | 4 |

JC

| | | |
|--------|--------------|----|
| 10.30u | Kogel 1 | 6 |
| 12.30u | 100m 2s | 9 |
| 13.35u | 4 * 100m est | 1 |
| 14.15u | Discus | 7 |
| 14.15u | Ver 1 | 10 |
| 14.55u | 100m 2s | 9 |
| 15.00u | Hoog 1 | 10 |
| 15.20u | 1000m 1s | 7 |
| 15.30u | Speer | 2 |
| 16.05u | 100m fin | 8 |