

Åbne Danske mesterskaber for masters 2025

Tidsskema

Lørdag d. 13/09-2025							
Tid	Løb	Grupper	Længde	Stang	Hammer	Spyd	Vægt
12:00	100m Hæk	M50-60-65.	M60-65-70-80	M30-50-55-60-65	K40-45-50-55-60	M35-40-50-55	
12:15	80m Hæk	M70-K45					
12:30	1500m	K45-50-55-60-70-75					
12:45	1500m	M30-35-40-45					
12:55	1500m	M50-55					
13:05	1500m	M60-65-70-80-85	K-Alle				
13:15					K65-70-75-80	M60-65-70-75-85	K40-50-55-60
13:30	100m	M30-35-40					
13:40	100m	M50-60					
13:50	100m	M45-55					
14:00	100m	M70-75-80-85		M-70-K60-65			
14:10	100m	K30-40-45					
14:15					M35-40-45-50-55		K65-70-75-80
14:20	100m	K50-55-60					
14:30	100m	K65-70-75-80					
14:45	400m	M30-35-40					
14:55	400m	M45					
15:00			M30-45-50-55			K40-45-50-55	
15:05	400m	M50-55					
15:15	400m	M60-65-70			M60-65		
15:25	400m	M75-80-85					
15:30							M35-40-45-50-55
15:35	400m	K30-40-45-50					
15:45	400m	K55-65-70-75					
16:00	3000m Kapgang	M50-55-65-K50-55					
16:15					M70-75-80-85		
16:30							M60-65
16:45	3000m Forhindring	M35-45					
17:15	2000m Forhindring	M70-75				K60-65-70-80	
17:30							M70-75-80-85
17:45							
18:00	1000m Stafet	Mænd					
18:15	1000m Stafet	Kvinder					

Søndag d. 14/09-2025

Søndag d. 14/09-2025						
Tid	Løb	Grupper	Trespring	Højde	Kugle	Diskos
10:00	400m Hæk	M50	M50-55-60-65-70- K65		M40-50-55	K40-45-50-55-60-65-70-75-80
10:15	300m Hæk	M60-70				
10:30	200m	M30-35				
10:40	200m	M45				
10:45				K40-65-70-80		
10:50	200m	M50-55				
11:00	200m	M65			M60- 65	
11:10	200m	M70-80				
11:15						M40-45-50-55
11:20	200m	M75-85				
11:30	200m	K45-50-55				
11:40	200m	K65-70-80				
11:50	5000m	M35-40-45-50				
12:00				M45-50-55-60	M70-75-80-85-90	
12:30	5000m	M55-60				
12:45						M60-65
13:00					K40-45-50-55-60	
13:15	5000m	M65-70-75-80-85				
13:30				M65-70-75-80		
14:00	5000m	K45-50-55-60			K65-70-75-80	M70-75-80-85-90
14:40	800m	K45-50-55-70-75				
14:50	800m	M30-35-40-45				
15:00	800m	M50-55-60-65-70				
15:10	800m					