

JUOKSUT

PERJANTAI			hlöä
11:15	M75	100 m ae	10
11:30	M60+	2000 m ej	8
12:00	N30	3000 m ej	3
12:00	N35+	2000 m ej	1
12:30	N70+	100 lk	8
12:35	M80+	100 lk	8
12:40	M75	100 lk	8
12:45	M70	100 lk	8
13:00	N60+	3000 m kävely	12
13:40	M70+	5000 m kävely	14
13:40	M45	10 000 m kävely	1
14:40	N30-55	5000 m kävely	9
15:40	M50-65	5000 m kävely	10
16:40	M30-55	3000 m ej	11
17:00	Kisojen avaus: Jyväskylän kaupunki ja JKU		
17:10	M65	100 m ae	9
17:20	M60	100 m ae	9
17:30	M55	100 m ae	12
17:40	N45	100 m ae	10
17:50	M45	100 m ae	9
18:00	N40	100 m ae	16
18:10	M40	100 m ae	15
18:20	N35	100 m ae	9
18:30	N30	100 m ae	10
18:40	N50	100 m lk	7
18:45	N55	100 m lk	7
18:50	N60-65	100 m lk	8
18:55	UP	100 m	2
19:05	M65	100 m lk	8
19:10	M60	100 m lk	8
19:15	M55	100 m lk	8
19:20	M50	100 m lk	7
19:25	N45	100 m lk	8
19:30	M45	100 m lk	8
19:35	N40	100 m lk	8
19:40	M40	100 m lk	8
19:45	N35	100 m lk	8
19:50	M35	100 m lk	8
19:55	N30	100 m lk	8
20:00	M30	100 m lk	4

JUOKSUT LAUANTAI			hlöä
9:00	N60+	5000 m	8
9:40	M65+	5000 m	15
10:20	M80	200 m aj	1
10:25	N70	200 m aj	2
10:35	M70-75	300 m aj	5
10:40	N60-65	300 m aj	2
10:50	N50-55	300 m aj	3
10:55	M65	300 m aj	4
11:00	M60	300 m aj	6
11:10	N40-45	400 m aj	6
11:15	N30-35	400 m aj	4
11:20	M50-55	400 m aj	4
11:25	M45	400 m aj	5
11:30	M30-40	400 m aj	6
11:50	N60+	800 m	11
12:00	M75+	800 m	11
12:10	M70	800 m	9
12:20	M65	800 m	9
12:30	M60	800 m	12
12:40	N50-55	800 m	8
12:50	M45, M55	800 m	14
13:00	M50	800 m	9
13:10	N40-45	800 m	8
13:20	M40	800 m	9
13:30	N30-35	800 m	8
13:40	M30-35	800 m	8
14:00	M50-60	5000 m	18
14:30	N30-55	5000 m	23
15:00	M30-45	5000 m	22
15:40	M65	200 m ae	9
15:50	M60	200 m ae	12
16:00	M55	200 m ae	12
16:10	M50	200 m ae	11
16:20	M45	200 m ae	12
16:30	N40	200 m ae	16
16:40	M40	200 m ae	17
16:50	N35	200 m ae	9
17:15	N60-65	200 m lk	7
17:20	N55	200 m lk	7
17:25	N50	200 m lk	4
17:30	N45	200 m lk	8
17:35	M65	200 m lk	8
17:40	M60	200 m lk	8
17:45	M55	200 m lk	8
17:50	M50	200 m lk	8
17:55	M45	200 m lk	8
18:00	N40	200 m lk	8
18:05	M40	200 m lk	8
18:10	N35	200 m lk	8
18:15	M35	200 m lk	7
18:20	N30	200 m lk	8
18:25	M30	200 m lk	3

JUOKSUT SUNNUNTAI			hlöä
9:00	N70+	400 m	7
9:05	M80-85	400 m	6
9:10	M75	400 m	5
9:15	M70	400 m	8
9:30	M40	110 m aj	6
9:35	M35, M45	110 m aj	7
9:45	M60	100 m aj	4
9:50	M65	100 m aj	5
10:00	M50-55	100 m aj	6
10:05	N30-35	100 m aj	4
10:15	N40	80 m aj	8
10:20	N45	80 m aj	5
10:25	N50-55	80 m aj	7
10:45	N50+	1500 m	17
11:05	N30-45	1500 m	15
11:20	M70+	1500 m	12
11:40	M60-65	1500 m	16
11:55	M50-55	1500 m	19
12:10	M30-45	1500 m	14
12:30	N55-65	400 m	8
12:35	N50	400 m	5
12:40	N45	400 m	4
12:45	N40	400 m	13
12:55	N35	400 m	9
13:05	N30	400 m	6
13:15	M65	400 m	11
13:25	M60	400 m	15
13:35	M55	400 m	8
13:40	M50	400 m	9
13:50	M30, M45	400 m	8
13:55	M40	400 m	11
14:05	M35	400 m	9
14:15	Kisaisännöyden luovutus: SAUL, JKU, Mikkelin kaupunki		
14:30	N30-65	10 000 m	21
15:45	M50-65	10 000 m	24
16:45	M30-45	10 000 m	23