



15:10	P15 og S15	6							15:10
15:20	Konur Karlar								15:20
15:30	S16-17 P16-17		P14						15:30
15:40	8		10						15:40
15:50	200 m P16-17			S15	S15				15:50
16:00		19			38				16:00
16:10									16:10
16:20	200 m S16-17								16:20
16:30		32							16:30
16:40									16:40
16:50			P16-17						16:50
17:00	800 m S16-17 Kvenna (8+4		16	Konur					17:00
17:10	800 m S15 (10)				10				17:10
17:20	800 m Karlar (11)								17:20
17:30	800 m P16-17 (12)								17:30
17:40	800 m P15 (8)					P15			17:40
17:50	3000 m Konur16+ (0+2)						16		17:50
18:00			S16-17	Karlar					18:00
18:10	3000 m Karlar 16+ (3+12)		16		14				18:10
18:20									18:20
18:30									18:30
18:40									18:40
18:50									18:50
19:00	<b>Mótslok</b>								19:00