



# Startlist Saturday 23.03.2019

Blue times are NOT BEFORE

Category	Distance	Number of competitors	pair or quartets	quartets x Time	Time		Planning	
					Comp	Iceprep	start	end
Training							08:30	09:30
Testpair							09:50	09:55
Men 30-60 3000m QUARTETS	3 000	28	7 quartets	7x6,5	00:45		10:00	10:45
Ice preparation						00:20	10:45	11:05
Men 30-60 3000m QUARTETS	3 000	28	7 quartets	7X6,5	00:45		11:15	12:00
Ice preparation						00:20	12:00	12:20
All ladies 1000m QUARTETS	1 000	32	8 quartets	9X2,5	00:20		13:00	13:20
Men 65+ 1000m QUARTETS	1 000	36	9 quartets	9X2,5	00:23		13:20	13:43
Ice preparation						00:20	13:43	14:03
Men 30-60 1500m QUARTETS	1 500	56	14 quartets	14X3.5	00:49		14:15	15:04