



# Startlist Sunday 24.03.2019

Blue times are NOT BEFORE

Category	Distance	pair or quartets	quartets x time	Time		Planning	
				Comp	Iceprep	start	end
Training						07:30	08:30
Testpair						08:50	08:55
<b>All ladies 3000m QUARTETS</b>	3 000	10 quartets	10x6,5	01:05		09:00	10:05
Ice preparation					00:20	10:05	10:25
<b>Men 65+ 3000m QUARTETS</b>	3 000	9 quartets	9x6,5	01:00		10:30	11:30
Ice preparation					00:20	11:30	11:50
<b>Men 60-55 5000m QUARTETS</b>	5 000	7 quartets	7x8,5	01:00		12:00	13:00
Ice preparation					00:20	13:00	13:20
<b>Men 50-30 5000m QUARTETS</b>	5 000	9 quartets	9x8,5	01:15		13:30	14:45