



# Nordic Championships 2023

November 11th

Reykjavík, Laugardalshöll

## Mix competition

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	09:45	10:15	10:23	10:33					10:41	10:44				
2	Trondhjem	1	09:49	10:19			10:27	10:37					10:45	10:48		
3	TeamGym Odense Mix	1	09:53	10:23					10:31	10:41					10:49	10:52
4	EG Vikings	1	09:57	10:27	10:35	10:45					10:53	10:56				
5	GF Örebro	1	10:01	10:31			10:39	10:49					10:57	11:00		
6	Drammen	1	10:05	10:35					10:43	10:53					11:01	11:04
7	Motus Salto	1	10:09	10:39	10:47	10:57					11:05	11:08				
8	Køge Bugt Seniormix	1	10:13	10:43			10:51	11:01					11:09	11:12		
					Apparatus warm-up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
9	TeamGym Nordsjælland	2							10:56	11:06					11:14	11:17
10	Trondhjem	2			11:00	11:10					11:18	11:21				
11	TeamGym Odense Mix	2					11:04	11:14					11:22	11:25		
12	EG Vikings	2							11:08	11:18					11:26	11:29
13	GF Örebro	2			11:12	11:22					11:30	11:33				
14	Drammen	2					11:16	11:26					11:34	11:37		
15	Motus Salto	2							11:20	11:30					11:38	11:41
16	Køge Bugt Seniormix	2			11:24	11:34					11:42	11:45				

			Apparatus warm-up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
17	TeamGym Nordsjælland	3			11:29	11:39					11:47	11:50		
18	Trondhjem	3					11:33	11:43					11:51	11:54
19	TeamGym Odense Mix	3	11:37	11:47					11:55	11:58				
20	EG Vikings	3			11:41	11:51					11:59	12:02		
21	GF Örebro	3					11:45	11:55					12:03	12:06
22	Drammen	3	11:49	11:59					12:07	12:10				
23	Motus Salto	3			11:53	12:03					12:11	12:14		
24	Køge Bugt Seniormix	3					11:57	12:07					12:15	12:18

## Women competition

			Hall 2	Apparatus warm-up - Hall 2						Competition - Hall 1						
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	TeamGym Nordsjælland	1	12:04	12:34	12:42	12:52					13:00	13:03				
2	Jyväskylä Voimistelijat	1	12:08	12:38			12:46	12:56					13:04	13:07		
3	Motus Salto	1	12:12	12:42					12:50	13:00					13:08	13:11
4	Gerpla	1	12:16	12:46	12:54	13:04					13:12	13:15				
5	Salhus	1	12:20	12:50			12:58	13:08					13:16	13:19		
6	Stjarnan	1	12:24	12:54					13:02	13:12					13:20	13:23
7	Helsinki Unified	1	12:28	12:58	13:06	13:16					13:24	13:27				
8	Drammen	1	12:32	13:02			13:10	13:20					13:28	13:31		
9	TeamGym Aarhus	1	12:36	13:06					13:14	13:24					13:32	13:35
10	Brommagymnasterna	1	12:40	13:10	13:18	13:28					13:36	13:39				

## Women competition

			Apparatus warm-up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
11	TeamGym Nordsjælland	2			13:23	13:33					13:41	13:44		
12	Jyväskylän Voimistelijat	2					13:27	13:37					13:45	13:48
13	Motus Salto	2	13:31	13:41					13:49	13:52				
14	Gerpla	2			13:35	13:45					13:53	13:56		
15	Salhus	2					13:39	13:49					13:57	14:00
16	Stjarnan	2	13:43	13:53					14:01	14:04				
17	Helsinki Unified	2			13:47	13:57					14:05	14:08		
18	Drammen	2					13:51	14:01					14:09	14:12
19	TeamGym Aarhus	2	13:55	14:05					14:13	14:16				
20	Brommagymnasterna	2			13:59	14:09					14:17	14:20		
			Apparatus warm-up - Hall 2						Competition - Hall 1					
			Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
21	TeamGym Nordsjælland	3					14:04	14:14					14:22	14:25
22	Jyväskylän Voimistelijat	3	14:08	14:18					14:26	14:29				
23	Motus Salto	3			14:12	14:22					14:30	14:33		
24	Gerpla	3					14:16	14:26					14:34	14:37
25	Salhus	3	14:20	14:30					14:38	14:41				
26	Stjarnan	3			14:24	14:34					14:42	14:45		
27	Helsinki Unified	3					14:28	14:38					14:46	14:49
28	Drammen	3	14:32	14:42					14:50	14:53				
29	TeamGym Aarhus	3			14:36	14:46					14:54	14:57		
30	Brommagymnasterna	3					14:40	14:50					14:58	15:01

## Men competition

			Hall 2		Apparatus warm-up - Hall 2						Competition - Hall 1					
			Warm up		Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
1	KFUM	1	15:04	15:34	15:42	15:52					16:00	16:03				
2	Stjarnan	1	15:08	15:38			15:46	15:56					16:04	16:07		
3	TeamGym Aarhus	1	15:12	15:42					15:50	16:00					16:08	16:11
4	Salhus	1	15:16	15:46	15:54	16:04					16:12	16:15				
5	GF Fram	1	15:20	15:50			15:58	16:08					16:16	16:19		
6	Oslo	1	15:24	15:54					16:02	16:12					16:20	16:23
7	Gladsaxe Seniorherrer	1	15:28	15:58	16:06	16:16					16:24	16:27				
					Apparatus warm-up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
8	KFUM	2					16:11	16:21					16:29	16:32		
9	Stjarnan	2							16:15	16:25					16:33	16:36
10	TeamGym Aarhus	2			16:19	16:29					16:37	16:40				
11	Salhus	2					16:23	16:33					16:41	16:44		
12	GF Fram	2							16:27	16:37					16:45	16:48
13	Oslo	2			16:31	16:41					16:49	16:52				
14	Gladsaxe Seniorherrer	2					16:35	16:45					16:53	16:56		
					Apparatus warm-up - Hall 2						Competition - Hall 1					
					Floor		Tumble		Trampet		Floor		Tumble		Trampet	
#	TEAM	rnd	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End
15	KFUM	3							16:40	16:50					16:58	17:01
16	Stjarnan	3			16:44	16:54					17:02	17:05				
17	TeamGym Aarhus	3					16:48	16:58					17:06	17:09		
18	Salhus	3							16:52	17:02					17:10	17:13
19	GF Fram	3			16:56	17:06					17:14	17:17				
20	Oslo	3					17:00	17:10					17:18	17:21		
21	Gladsaxe Seniorherrer	3							17:04	17:14					17:22	17:25