



Nordic Championships 2023
November 11th
Reykjavík, Laugardalshöll
Training day - November 10th

Mix training

			Hall 2		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	12:50	13:20	13:28	13:38					13:48	13:58				
2	Trondhjem	1	12:50	13:20			13:28	13:38					13:48	13:58		
3	TeamGym Odense Mix	1	12:50	13:20					13:28	13:38					13:48	13:58
4	EG Vikings	1	13:00	13:30	13:38	13:48					13:58	14:08				
5	GF Örebro	1	13:00	13:30			13:38	13:48					13:58	14:08		
6	Drammen	1	13:00	13:30					13:38	13:48					13:58	14:08
7	Motus Salto	1	13:10	13:40	13:48	13:58					14:08	14:18				
8	Køge Bugt Seniormix	1	13:10	13:40			13:48	13:58					14:08	14:18		

			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		
9	TeamGym Nordsjælland	2							14:08	14:18			14:28	14:38		
10	Trondhjem	2			14:08	14:18					14:28	14:38				
11	TeamGym Odense Mix	2					14:08	14:28					14:28	14:38		
12	EG Vikings	2							14:18	14:28					14:38	14:48
13	GF Örebro	2			14:18	14:28					14:38	14:48				
14	Drammen	2					14:18	14:28					14:38	14:48		
15	Motus Salto	2							14:28	14:38					14:48	14:58
16	Køge Bugt Seniormix	2			14:28	14:38					14:48	14:58				

Mix training

			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			14:48	14:58					15:08	15:18		
18	Trondhjem	3					14:48	14:58					15:08	15:18
19	TeamGym Odense Mix	3	14:48	14:58					15:08	15:18				
20	EG Vikings	3			14:58	15:08					15:18	15:28		
21	GF Örebro	3					14:58	15:08					15:18	15:28
22	Drammen	3	14:58	15:08					15:18	15:28				
23	Motus Salto	3			15:08	15:18					15:28	15:38		
24	Køge Bugt Seniormix	3					15:08	15:18					15:28	15:38

Woman Training

			Hall 2		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	14:40	15:10	15:18	15:28					15:38	15:48				
2	Jyväskylän Voimistelijat	1	14:40	15:10			15:18	15:28					15:38	15:48		
3	Motus Salto	1	14:40	15:10					15:18	15:28					15:38	15:48
4	Gerpla	1	14:50	15:20	15:28	15:38					15:48	15:58				
5	Salhus	1	14:50	15:20			15:28	15:38					15:48	15:58		
6	Stjarnan	1	14:50	15:20					15:28	15:38					15:48	15:58
7	Helsinki Unified	1	15:00	15:30	15:38	15:48					15:58	16:08				
8	Drammen	1	15:00	15:30			15:38	15:48					15:58	16:08		
9	TeamGym Aarhus	1	15:00	15:30					15:38	15:48					15:58	16:08
10	Brommagymnasterna	1	15:10	15:40	15:48	15:58					16:08	16:18				

Woman Training

			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			15:58	16:08					16:18	16:28		
12	Jyväskylän Voimistelijat	2					15:58	16:08					16:18	16:28
13	Motus Salto	2	15:58	16:08					16:18	16:28				
14	Gerpla	2			16:08	16:18					16:28	16:38		
15	Salhus	2					16:08	16:18					16:28	16:38
16	Stjarnan	2	16:08	16:18					16:28	16:38				
17	Helsinki Unified	2			16:18	16:28					16:38	16:48		
18	Drammen	2					16:18	16:28					16:38	16:48
19	TeamGym Aarhus	2	16:18	16:28					16:38	16:48				
20	Brommagymnasterna	2			16:28	16:38					16:48	16:58		

			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					16:38	16:48					16:58	17:08
22	Jyväskylän Voimistelijat	3	16:38	16:48					16:58	17:08				
23	Motus Salto	3			16:38	16:48					16:58	17:08		
24	Gerpla	3					16:48	16:58					17:08	17:18
25	Salhus	3	16:48	16:58					17:08	17:18				
26	Stjarnan	3			16:48	16:58					17:08	17:18		
27	Helsinki Unified	3					16:58	17:08					17:18	17:28
28	Drammen	3	16:58	17:08					17:18	17:28				
29	TeamGym Aarhus	3			16:58	17:08					17:18	17:28		
30	Brommagymnasterna	3					17:08	17:18					17:28	17:38

Men Training

			Hall 2		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	16:40	17:10	17:18	17:28					17:38	17:48				
2	Stjarnan	1	16:40	17:10			17:18	17:28					17:38	17:48		
3	TeamGym Aarhus	1	16:40	17:10					17:18	17:28					17:38	17:48
4	Salhus	1	16:50	17:20	17:28	17:38					17:48	17:58				
5	GF Fram	1	16:50	17:20			17:28	17:38					17:48	17:58		
6	Oslo	1	16:50	17:20					17:28	17:38					17:48	17:58
7	Gladsaxe Seniorherrer	1	17:00	17:30	17:38	17:48					17:58	18:08				
					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					17:58	18:08					18:18	18:28		
9	Stjarnan	2							17:58	18:08					18:18	18:28
10	TeamGym Aarhus	2			17:58	18:08					18:18	18:28				
11	Salhus	2					18:08	18:18					18:28	18:38		
12	GF Fram	2							18:08	18:18					18:28	18:38
13	Oslo	2			18:08	18:18					18:28	18:38				
14	Gladsaxe Seniorherrer	2					18:18	18:28					18:38	18:48		
					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							18:38	18:48					18:58	19:08
16	Stjarnan	3			18:38	18:48					18:58	19:08				
17	TeamGym Aarhus	3					18:38	18:48					18:58	19:08		
18	Salhus	3							18:48	18:58					19:08	19:18
19	GF Fram	3			18:48	18:58					19:08	19:18				
20	Oslo	3					18:48	18:58					19:08	19:18		
21	Gladsaxe Seniorherrer	3							18:58	19:08					19:18	19:28