

## TIME SCHEDULE

### SYNCRO OPPVISNING FRILØP

**lørdag 14. mars 2020**

|          |   |          |                 |
|----------|---|----------|-----------------|
| 18:59:00 | - | 19:00:00 | Warm-up Group 1 |
| 19:00:30 | - | 19:09:00 | 1               |

Resurfacing: 00:15:00 Warm-up: 00:01:00 Duration of Skating: 00:03:00 Judging First: 00:04:00 Judging Last: 00:04:00 Introduction: 00:00:00

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