MAG 2025 Friday March 7 th

Category	Distance	No of Skaters	Quartets	Est. Time	Total tid				
					Comp. Time	Ice prep	Start	Finish	Not before
Teamleaders´ meeting							14:15		
Warm up							15:00	15:30	
Kvinner	500m	55	14	00:02:30	00:35:00		16:00	16:35	
Menn 65+	500m	53	14	00:02:30	00:35:00		16:35	17:10	
					00:00:00		17:10	17:10	
Ispreparering						00:20:00	17:10	17:30	
Menn 30-60	500m	102	26	00:02:30	01:05:00		17:30	18:35	
Ispreparering						00:20:00	18:35	18:55	
Kvinner	1500m	55	14	00:04:00	00:56:00		18:55	19:51	18:55
					00:00:00		19:51	19:51	
Ispreparering						00:20:00	19:51	20:11	
Menn 65+	1500m	53	14	00:04:00	00:56:00		20:11	21:07	