

PROGRAMMA GARA

VENERDI' 30 DICEMBRE 2022

COMPETITION: TEST RACE

PLACE: ICE RINK PINE' - MIOLA - BASELGA DI PINE'

Starting time: 09.30

Category	DIST.	N. COMP.	PAIRS	QUART.	TOT. x P/Q	PLANNED TIME		REAL TIME			
						TOT. TIME	ICE CLEAN.	START	END	START	END
WARM UP							40:00	8:30:00	9:10:00		
RIFACIMENTO GHIACCIO											
							20:00	9:10:00	9:30:00		
WOMEN	500	25	13		01:30	19:30		9:30:00	9:49:30		
MEN	500	18	9		02:00	18:00		9:49:30	10:07:30		
RIFACIMENTO GHIACCIO											
							15:00	10:07:30	10:22:30		
MEN	500	24	12		01:30	18:00		10:22:30	10:40:30		
SPOSTAMENTO STARTER											
							10:00	10:40:30	10:50:30		
WOMEN	1000	17	1	4	02:45	13:45		10:50:30	11:04:15		
MEN	1000	22	3	4	02:45	19:15		11:04:15	11:23:30		
RIFACIMENTO GHIACCIO E SPOSTAMENTO STARTER											
							15:00	11:23:30	11:38:30		
WOMEN	1500	6	1	1	03:15	06:30		11:38:30	11:45:00		
MEN	1500	7		2	03:15	06:30		11:45:00	11:51:30		
SPOSTAMENTO STARTER											
							10:00	11:51:30	12:01:30		
WOMEN	3000	3		1	05:00	05:00		12:01:30	12:06:30		
RIFACIMENTO GHIACCIO											
							15:00	12:06:30	12:21:30		
MEN	3000	13	3	2	05:00	25:00		12:21:30	12:46:30		
MEN	5000	1	1		08:00	08:00		12:46:30	12:54:30		

I tempi di inizio gara sono da considerarsi indicativi.