

Global program TRR2025

v140325

TRAINING: Tuesday 18th March 2025

14:30-16:00:

Training is possible for all participations of the TRR2025

Costs: 25 Euros (payment at the entrance of Thialf)



DAY 1: Wednesday 19th March 2025

Confirm your presence:

08:30-09:45: Participants Allround and Sprint

Before 14:00: Participants Single Distances

Warm up:

10:00 to 10:15 in warm up lane

Start: 10:15

- 500m Allround Big
- 500m Allround Normal
- 500m Allround Small
- 500m Sprint
- 5.000m Allround Big

Start afternoon: prox. 13:15

- 1.000m Sprint
- 3.000m Allround Normal
- 1.500m Allround Small

Start single distances: prox. 15:00

- 3.000m Single Distance
- 5.000m Single Distance
- 10.000m Single Distance

End: prox. 17:00

DAY 2: Thursday 20st March 2025

Start: 10:00

- 1.500m Allround Normal
- 1.500m Allround Big
- 500m Sprint
- 5.000m Allround Normal

Start afternoon: prox. 12:45

- 1.000m Allround Small
- 1.000m Sprint
- 10.000m Allround Big
- 3.000m Allround Small

End: prox. 17.15