## **TIME SCHEDULE**

## **BASIC FRILØP**

## 28. september 2013

17:05:30 - 17:11:30 V			Warm-up Group 1							
17:12:00 -	17:18:00	1	Amalie GRINI					FKK		
Description 00:1	5:00 Warm up:	00:06:00	Duration of Chatings	00:03:00	Ludaina Firet	00.03.30	ludaina Last:	00:03:30	Introduction:	00:00:00

Resurfacing: 00:15:00 Warm-up: 00:06:00 Duration of Skating: 00:03:00 Judging First: 00:02:30 Judging Last: 00:02:30 Introduction: 00:00:00

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