



Vorläufiger Zeitplan NMX- und Ladies- Cup Hartenholm 2019



Freitag		
09:00-09:25	S35	Freies Training
09:30-09:55	S50	Freies Training
10:25-10:50	S35	Pflichttraining
10:55-11:20	S50	Pflichttraining
12:00-12:30	S35	HF Gr. 1 - 15min+2Rd
12:35-13:05	S35	HF Gr. 2 - 15min+2Rd

13:30-14:15	Freestyle	
14:20-14:50	S50	1. Lauf 15min+2Rd
14:55-15:25	S35	Finale 15min+2Rd
15:35-16:20	Freestyle	
16:30-17:00	S50	2. Lauf 15min+2Rd
17:05-17:50	Freestyle	
18:00	Siegerehrung MX	

Samstag		
09:00-09:10	50ccm	Freies Training
09:20-09:35	65ccm	Freies Training
09:40-09:55	Quad	Freies Training
10:00-10:15	MX2	Freies Training
10:30-10:40	50ccm	Pflichttraining
10:50-11:05	65ccm	Pflichttraining
11:10-10:25	Quad	Pflichttraining
11:30-11:45	MX2	Pflichttraining
12:15-12:35	50ccm	1. Lauf 8min+1Rd
12:40-13:05	65ccm	1. Lauf 10min+1Rd
13:30-14:15	Freestyle	
14:20-14:40	50ccm	2. Lauf 8min+1Rd
14:45-15:15	Quad	1. Lauf 15min+2Rd
15:20-15:50	MX2	1. Lauf 20min+2Rd
16:05-16:50	Freestyle	
16:55-17:20	65ccm	2. Lauf 10min+1Rd
17:25-17:55	Quad	2. Lauf 15min+2Rd
18:00-18:30	MX2	2. Lauf 20min+2Rd
18:35-19:15	Freestyle	
19:25	Siegerehrung MX	

Sonntag		
09:00-09:15	85ccm	Freies Training
09:20-09:35	MX1	Freies Training
09:40-10:00	Ladies Cup	Freies Training und Startraining
10:15-10:30	85ccm	Pflichttraining
10:35-10:50	MX1	Pflichttraining
10:55-11:15	Ladies Cup	Pflichttraining
11:30-11:55	85ccm	1. Lauf 15min+2Rd
12:00-12:30	MX1	1. Lauf 20min+2Rd
12:35-13:10	Freestyle	
13:20-13:55	Ladies Cup	1. Lauf 20min+2Rd
14:00-14:30	85ccm	2. Lauf 15min+2Rd
14:35-15:10	Freestyle	
15:15-15:45	MX1	2. Lauf 20min+2Rd
15:50-16:20	Ladies Cup	2. Lauf 20min+2Rd
16:25-17:00	Freestyle	
17:15	Siegerehrung MX	