

# Opvarmningstider Aspirant Vest

**Søndag den 14. maj 2023**

## Nanopiger – 1. division

*Afvikles i rotation 6*

| Hold                       | Rytme        | Bane         | Trampet      |
|----------------------------|--------------|--------------|--------------|
| TeamGym Bellinge ANP 3     | <b>08:00</b> | 08:16        | 08:32        |
| Vejen GF ANP 1             | 08:32        | <b>08:00</b> | 08:16        |
| TeamGym Bellinge ANP 2     | 08:16        | 08:32        | <b>08:00</b> |
| Jerne Idrætsforening ANP 1 | 08:24        | 08:40        | <b>08:08</b> |
| Svendborg GF ANP 1         | 08:40        | <b>08:08</b> | 08:24        |
| TeamGym Bellinge ANP 1     | <b>08:08</b> | 08:24        | 08:40        |

## Micropiger – 1. division & Minipiger – 1. division

*Afvikles i rotation 4+4+4*

| Hold                          | Rytme        | Bane         | Trampet      |
|-------------------------------|--------------|--------------|--------------|
| Jerne Idrætsforening AMiP 2   | <b>09:05</b> | 09:13        | 09:21        |
| Svendborg GF AMiP 3           | 09:29        | <b>09:05</b> | 09:13        |
| PAUSE                         | 09:21        | 09:29        | <b>09:05</b> |
| FG 90 - Frederikshavn AMiP 1  | <b>09:13</b> | 09:21        | 09:29        |
| Jelling FS AMiP 1             | <b>09:37</b> | 09:45        | 09:53        |
| Jerne Idrætsforening AMiP 1   | 10:01        | <b>09:37</b> | 09:45        |
| Svendborg GF AMiP 2           | 09:53        | 10:01        | <b>09:37</b> |
| TeamGym Djurs AMiP 1          | <b>09:45</b> | 09:53        | 10:01        |
| Bolbro Gymnasterne AMiP 1     | <b>10:09</b> | 10:17        | 10:25        |
| Svendborg GF AMiP 1           | 10:33        | <b>10:09</b> | 10:17        |
| Jelling FS AMP 1              | 10:25        | 10:33        | <b>10:09</b> |
| Ribe Gymnastik Forening AMP 1 | <b>10:17</b> | 10:25        | 10:33        |