



# Nordic Championships 2023

November 11th

Reykjavík, Laugardalshöll

## Mix competition

|    |      |     | Hall 2  |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|---------|-------|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Warm up |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 1  | 1    | 1   | 09:45   | 10:15 | 10:23                      | 10:33 |        |       |         |       | 10:41                | 10:44 |        |       |         |       |
| 2  | 2    | 1   | 09:49   | 10:19 |                            |       | 10:27  | 10:37 |         |       |                      |       | 10:45  | 10:48 |         |       |
| 3  | 3    | 1   | 09:53   | 10:23 |                            |       |        |       | 10:31   | 10:41 |                      |       |        |       | 10:49   | 10:52 |
| 4  | 4    | 1   | 09:57   | 10:27 | 10:35                      | 10:45 |        |       |         |       | 10:53                | 10:56 |        |       |         |       |
| 5  | 5    | 1   | 10:01   | 10:31 |                            |       | 10:39  | 10:49 |         |       |                      |       | 10:57  | 11:00 |         |       |
| 6  | 6    | 1   | 10:05   | 10:35 |                            |       |        |       | 10:43   | 10:53 |                      |       |        |       | 11:01   | 11:04 |
| 7  | 7    | 1   | 10:09   | 10:39 | 10:47                      | 10:57 |        |       |         |       | 11:05                | 11:08 |        |       |         |       |
| 8  | 8    | 1   | 10:13   | 10:43 |                            |       | 10:51  | 11:01 |         |       |                      |       | 11:09  | 11:12 |         |       |
|    |      |     |         |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|    |      |     |         |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 9  | 1    | 2   |         |       |                            |       |        |       | 10:56   | 11:06 |                      |       |        |       | 11:14   | 11:17 |
| 10 | 2    | 2   |         |       | 11:00                      | 11:10 |        |       |         |       | 11:18                | 11:21 |        |       |         |       |
| 11 | 3    | 2   |         |       |                            |       | 11:04  | 11:14 |         |       |                      |       | 11:22  | 11:25 |         |       |
| 12 | 4    | 2   |         |       |                            |       |        |       | 11:08   | 11:18 |                      |       |        |       | 11:26   | 11:29 |
| 13 | 5    | 2   |         |       | 11:12                      | 11:22 |        |       |         |       | 11:30                | 11:33 |        |       |         |       |
| 14 | 6    | 2   |         |       |                            |       | 11:16  | 11:26 |         |       |                      |       | 11:34  | 11:37 |         |       |
| 15 | 7    | 2   |         |       |                            |       |        |       | 11:20   | 11:30 |                      |       |        |       | 11:38   | 11:41 |
| 16 | 8    | 2   |         |       | 11:24                      | 11:34 |        |       |         |       | 11:42                | 11:45 |        |       |         |       |

|    |      |     | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 17 | 1    | 3   |                            |       | 11:29  | 11:39 |         |       |                      |       | 11:47  | 11:50 |         |       |
| 18 | 2    | 3   |                            |       |        |       | 11:33   | 11:43 |                      |       |        |       | 11:51   | 11:54 |
| 19 | 3    | 3   | 11:37                      | 11:47 |        |       |         |       | 11:55                | 11:58 |        |       |         |       |
| 20 | 4    | 3   |                            |       | 11:41  | 11:51 |         |       |                      |       | 11:59  | 12:02 |         |       |
| 21 | 5    | 3   |                            |       |        |       | 11:45   | 11:55 |                      |       |        |       | 12:03   | 12:06 |
| 22 | 6    | 3   | 11:49                      | 11:59 |        |       |         |       | 12:07                | 12:10 |        |       |         |       |
| 23 | 7    | 3   |                            |       | 11:53  | 12:03 |         |       |                      |       | 12:11  | 12:14 |         |       |
| 24 | 8    | 3   |                            |       |        |       | 11:57   | 12:07 |                      |       |        |       | 12:15   | 12:18 |

## Women competition

|    |      |     | Hall 2  |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|---------|-------|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Warm up |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 1  | 1    | 1   | 12:04   | 12:34 | 12:42                      | 12:52 |        |       |         |       | 13:00                | 13:03 |        |       |         |       |
| 2  | 2    | 1   | 12:08   | 12:38 |                            |       | 12:46  | 12:56 |         |       |                      |       | 13:04  | 13:07 |         |       |
| 3  | 3    | 1   | 12:12   | 12:42 |                            |       |        |       | 12:50   | 13:00 |                      |       |        |       | 13:08   | 13:11 |
| 4  | 4    | 1   | 12:16   | 12:46 | 12:54                      | 13:04 |        |       |         |       | 13:12                | 13:15 |        |       |         |       |
| 5  | 5    | 1   | 12:20   | 12:50 |                            |       | 12:58  | 13:08 |         |       |                      |       | 13:16  | 13:19 |         |       |
| 6  | 6    | 1   | 12:24   | 12:54 |                            |       |        |       | 13:02   | 13:12 |                      |       |        |       | 13:20   | 13:23 |
| 7  | 7    | 1   | 12:28   | 12:58 | 13:06                      | 13:16 |        |       |         |       | 13:24                | 13:27 |        |       |         |       |
| 8  | 8    | 1   | 12:32   | 13:02 |                            |       | 13:10  | 13:20 |         |       |                      |       | 13:28  | 13:31 |         |       |
| 9  | 9    | 1   | 12:36   | 13:06 |                            |       |        |       | 13:14   | 13:24 |                      |       |        |       | 13:32   | 13:35 |
| 10 | 10   | 1   | 12:40   | 13:10 | 13:18                      | 13:28 |        |       |         |       | 13:36                | 13:39 |        |       |         |       |

|    |      |     | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 11 | 1    | 2   |                            |       | 13:23  | 13:33 |         |       |                      |       | 13:41  | 13:44 |         |       |
| 12 | 2    | 2   |                            |       |        |       | 13:27   | 13:37 |                      |       |        |       | 13:45   | 13:48 |
| 13 | 3    | 2   | 13:31                      | 13:41 |        |       |         |       | 13:49                | 13:52 |        |       |         |       |
| 14 | 4    | 2   |                            |       | 13:35  | 13:45 |         |       |                      |       | 13:53  | 13:56 |         |       |
| 15 | 5    | 2   |                            |       |        |       | 13:39   | 13:49 |                      |       |        |       | 13:57   | 14:00 |
| 16 | 6    | 2   | 13:43                      | 13:53 |        |       |         |       | 14:01                | 14:04 |        |       |         |       |
| 17 | 7    | 2   |                            |       | 13:47  | 13:57 |         |       |                      |       | 14:05  | 14:08 |         |       |
| 18 | 8    | 2   |                            |       |        |       | 13:51   | 14:01 |                      |       |        |       | 14:09   | 14:12 |
| 19 | 9    | 2   | 13:55                      | 14:05 |        |       |         |       | 14:13                | 14:16 |        |       |         |       |
| 20 | 10   | 2   |                            |       | 13:59  | 14:09 |         |       |                      |       | 14:17  | 14:20 |         |       |

|    |      |     | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 21 | 1    | 3   |                            |       |        |       | 14:04   | 14:14 |                      |       |        |       | 14:22   | 14:25 |
| 22 | 2    | 3   | 14:08                      | 14:18 |        |       |         |       | 14:26                | 14:29 |        |       |         |       |
| 23 | 3    | 3   |                            |       | 14:12  | 14:22 |         |       |                      |       | 14:30  | 14:33 |         |       |
| 24 | 4    | 3   |                            |       |        |       | 14:16   | 14:26 |                      |       |        |       | 14:34   | 14:37 |
| 25 | 5    | 3   | 14:20                      | 14:30 |        |       |         |       | 14:38                | 14:41 |        |       |         |       |
| 26 | 6    | 3   |                            |       | 14:24  | 14:34 |         |       |                      |       | 14:42  | 14:45 |         |       |
| 27 | 7    | 3   |                            |       |        |       | 14:28   | 14:38 |                      |       |        |       | 14:46   | 14:49 |
| 28 | 8    | 3   | 14:32                      | 14:42 |        |       |         |       | 14:50                | 14:53 |        |       |         |       |
| 29 | 9    | 3   |                            |       | 14:36  | 14:46 |         |       |                      |       | 14:54  | 14:57 |         |       |
| 30 | 10   | 3   |                            |       |        |       | 14:40   | 14:50 |                      |       |        |       | 14:58   | 15:01 |

## Men competition

|    |      |     | Hall 2  |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|----|------|-----|---------|-------|----------------------------|-------|--------|-------|---------|-------|----------------------|-------|--------|-------|---------|-------|
|    |      |     | Warm up |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 1  | 1    | 1   | 14:44   | 15:14 | 15:22                      | 15:32 |        |       |         |       | 15:40                | 15:43 |        |       |         |       |
| 2  | 2    | 1   | 14:48   | 15:18 |                            |       | 15:26  | 15:36 |         |       |                      |       | 15:44  | 15:47 |         |       |
| 3  | 3    | 1   | 14:52   | 15:22 |                            |       |        |       | 15:30   | 15:40 |                      |       |        |       | 15:48   | 15:51 |
| 4  | 4    | 1   | 14:56   | 15:26 | 15:34                      | 15:44 |        |       |         |       | 15:52                | 15:55 |        |       |         |       |
| 5  | 5    | 1   | 15:00   | 15:30 |                            |       | 15:38  | 15:48 |         |       |                      |       | 15:56  | 15:59 |         |       |
| 6  | 6    | 1   | 15:04   | 15:34 |                            |       |        |       | 15:42   | 15:52 |                      |       |        |       | 16:00   | 16:03 |
| 7  | 7    | 1   | 15:08   | 15:38 | 15:46                      | 15:56 |        |       |         |       | 16:04                | 16:07 |        |       |         |       |
|    |      |     |         |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|    |      |     |         |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 8  | 1    | 2   |         |       |                            |       | 15:51  | 16:01 |         |       |                      |       | 16:09  | 16:12 |         |       |
| 9  | 2    | 2   |         |       |                            |       |        |       | 15:55   | 16:05 |                      |       |        |       | 16:13   | 16:16 |
| 10 | 3    | 2   |         |       | 15:59                      | 16:09 |        |       |         |       | 16:17                | 16:20 |        |       |         |       |
| 11 | 4    | 2   |         |       |                            |       | 16:03  | 16:13 |         |       |                      |       | 16:21  | 16:24 |         |       |
| 12 | 5    | 2   |         |       |                            |       |        |       | 16:07   | 16:17 |                      |       |        |       | 16:25   | 16:28 |
| 13 | 6    | 2   |         |       | 16:11                      | 16:21 |        |       |         |       | 16:29                | 16:32 |        |       |         |       |
| 14 | 7    | 2   |         |       |                            |       | 16:15  | 16:25 |         |       |                      |       | 16:33  | 16:36 |         |       |
|    |      |     |         |       | Apparatus warm-up - Hall 2 |       |        |       |         |       | Competition - Hall 1 |       |        |       |         |       |
|    |      |     |         |       | Floor                      |       | Tumble |       | Trampet |       | Floor                |       | Tumble |       | Trampet |       |
| #  | TEAM | rnd | Start   | End   | Start                      | End   | Start  | End   | Start   | End   | Start                | End   | Start  | End   | Start   | End   |
| 15 | 1    | 3   |         |       |                            |       |        |       | 16:20   | 16:30 |                      |       |        |       | 16:38   | 16:41 |
| 16 | 2    | 3   |         |       | 16:24                      | 16:34 |        |       |         |       | 16:42                | 16:45 |        |       |         |       |
| 17 | 3    | 3   |         |       |                            |       | 16:28  | 16:38 |         |       |                      |       | 16:46  | 16:49 |         |       |
| 18 | 4    | 3   |         |       |                            |       |        |       | 16:32   | 16:42 |                      |       |        |       | 16:50   | 16:53 |
| 19 | 5    | 3   |         |       | 16:36                      | 16:46 |        |       |         |       | 16:54                | 16:57 |        |       |         |       |
| 20 | 6    | 3   |         |       |                            |       | 16:40  | 16:50 |         |       |                      |       | 16:58  | 17:01 |         |       |
| 21 | 7    | 3   |         |       |                            |       |        |       | 16:44   | 16:54 |                      |       |        |       | 17:02   | 17:05 |