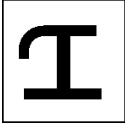
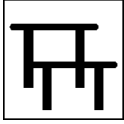
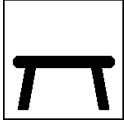
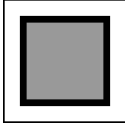


Sjællandsmesterskab for kvinder individuel

Lørdag 23. september 1. sub: Youth

			
10.30 – 10.45 Kropsopvarmning			
10.45 – 11. 30 Redskab opvarmning (11 min. / redskab)			
Gr 4	Gr 1	Gr 2	Gr 3
Gr 3	Gr 4	Gr 1	Gr 2
Gr 2	Gr 3	Gr 4	Gr 1
Gr 1	Gr 2	Gr 3	Gr 4

10.45-10.56
10.56-11.07

11.07-11.18
11.18-11.29

Gr 1

Siri Gefion
Ava Gefion
Elisabeth Hermes
Molly Hermes
Rosalba Hermes

Gr 2

Aya KG66
Ellen KG66
Emily KG66
Cecilie KG66

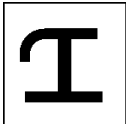
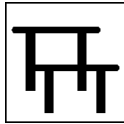
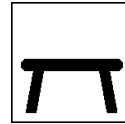
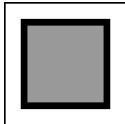
Gr 3

Coumba KG66
Ella KG66
Enja KG66
Laura KG66

Gr4

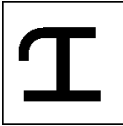
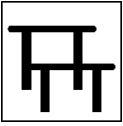
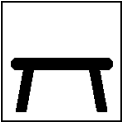
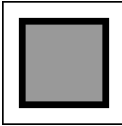
Astrid Nivå
Mathilde Nivå
Smilla Nivå
Marin KG66

11.30 Konkurrence start

			
Gr 1. / Gr 4	Gr 2 / Gr 3		
Gr 2 / Gr 3	Gr 1. / Gr 4		
		Gr 2 / Gr 3	Gr 1. / Gr 4
		Gr 1. / Gr 4	Gr 2 / Gr 3

Sjællandsmesterskab for kvinder individuel

Lørdag 23. september 2. sub: Junior, Senior

			
14.00 – 14.20 Kropsopvarmning			
14.20 – 15.00 Redskab opvarmning (10 min. / redskab)			
Gr 1	Gr 2	Gr 3	Gr 4
Gr 4	Gr 1	Gr 2	Gr 3
Gr 3	Gr 4	Gr 1	Gr 2
Gr 2	Gr 3	Gr 4	Gr 1

Gr 1

Hedvig Gefion
Hekla Gefion
Isabel Gefion

Gr 2

Natalia KG66
Ella KG66
Frida KG66

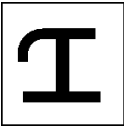
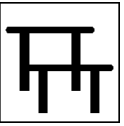

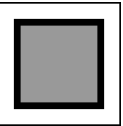
Gr 3

Astid KG66
Josephine KG66
Mia KG66

Gr4

Camilla KG66
Mariia KG66
Vigga KG66

15.00 Konkurrence start

			
Gr 1 / Gr 3	Gr 2 / Gr 4		
Gr 2 / Gr 4	Gr 1 / Gr 3		
		Gr 2 / Gr 4	Gr 1 / Gr 3
		Gr 1 / Gr 3	Gr 2 / Gr 4