








































APPENDIX A3

BASISMOMENTER BANE - SVÆRHEDSVÆRDIER

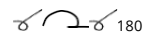





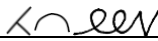






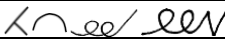

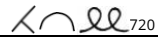

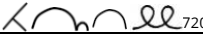

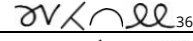
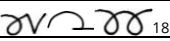
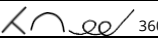

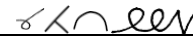

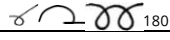

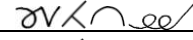

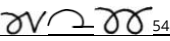
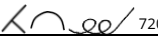
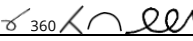
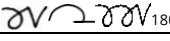



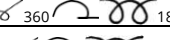

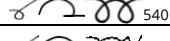
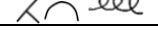
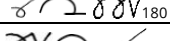
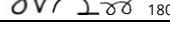

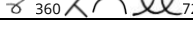
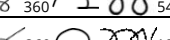
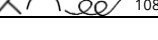
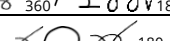
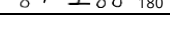
D Værdi	Gruppe 1 forlæns elementer	Symbol	K Code
0.10	Vejrmølle	X	X
0.20	Kraftspring		H
0.30	Flyvespring		FS
0.20	Lukket salto		O
0.30	Hoftebøjet salto		>
0.40	Strakt salto		\
0.30	Lukket salto ½		O1
0.40	Lukket salto 1/1		O2
0.40	Hoftebøjet salto ½		>1
0.50	Strakt salto ½		\1
0.60	Strakt salto 1/1		\2
0.70	Strakt salto 1½		\3
0.80	Strakt salto 2/1		\4
0.90	Strakt salto 2½		\5
1.20	Dobbelt salto lukket		OO
1.40	Dobbelt salto hoftebøjet		>>
1.60	Dobbelt salto strakt		//
1.30	Dobbelt salto lukket ½		OO1
1.50	Dobbelt salto lukket 1½		OO3
1.50	Dobbelt salto hoftebøjet ½		>>1
1.70	Dobbelt salto strakt ½		//1
1.90	Dobbelt salto strakt 1½		//3
2.10	Dobbelt salto strakt 2½		//5

D Værdi	Gruppe 2 baglæns elementer	Symbol	K Code
0.10	Rondat		R
0.20	Flik-flak		F
0.30	Whipback		W
0.20	Lukket salto		O
0.30	Hoftebøjet salto		<
0.40	Strakt salto		/
0.30	Lukket salto ½		O1
0.40	Hoftebøjet salto ½		<1
0.40	Lukket salto 1/1		O2
0.50	Strakt salto ½		/1
0.60	Strakt salto 1/1		/2
0.70	Strakt salto 1½		/3
0.80	Strakt salto 2/1		/4
0.90	Strakt salto 2½		/5
0.80	Dobbelt salto lukket		OO
1.00	Dobbelt salto hoftebøjet		<<
1.20	Dobbelt salto strakt		//
1.00	Dobbelt salto lukket 1/1		OO2
1.20	Dobbelt salto lukket 2/1		OO4
1.40	Dobbelt salto strakt 1/1		//2
1.60	Dobbelt salto strakt 2/1		//4
1.90	Dobbelt salto strakt 3/1		//6
1.70	Trippel salto lukket		OOO
2.00	Trippel salto hoftebøjet		<<<
2.10	Trippel salto lukket 1/1		OOO2

Sværhedsværdien for andre elementer udregnes ved at lægge værdien for baseelementet sammen med tillægget for skruer

Appendix A3 - Bane - Sværhedsværdier

BASISMOMENTER BANE - SVÆRHEDSVÆRDIER

D Værdi	Forlæns	K Code	Baglæns	K Code	Blandet	K Code
0.90	 180	\ H \1				> R F /2
1.00			 $k n e e$	R F 00	 $\delta k n e / 360$	\ R F /2
1.10	 540	\ H \3			 $\delta v k n e / 720$	> R F /4
	 $\delta 360$ 180	\2 H \1				
1.20			 $k n e e v$	R F <<	 $\delta 360 k n e / 360$	\2 R F /2
	 $\delta 360$ 540	\2 H \3	 $k n e e_{360}$	R F 002	 $\delta k n e / 720$	\ R F /4
1.30			 $k n e e e_{360}$	R W F 002	 $\delta v k n e e$	> R F 00
1.40			 $k n e e e e v$	R F //	 $\delta 360 k n e / 720$	\2 R F /4
			 $k n e e_{720}$	R F 004	 $\delta k n e e$	\ R F 00
1.50			 $k n e e e_{720}$	R W F 004	 $\delta v k n e e v$	> R F <<
					 $\delta v k n e e_{360}$	> R F 002
1.60	 δv 180	> H 001	 $k n e e / 360$	R F //2	 $\delta 360 k n e e$	\2 R F 00
					 $\delta k n e e v$	\ R F <<
					 $\delta k n e e_{360}$	\ R F 002
1.70	 δ 180	\ H 001	 $k n n e e / 360$	R W F //2	 $\delta v k n e e /$	> R F //
					 $\delta v k n e e_{720}$	> R F 004
1.80	 δv 540	> H 003	 $k n e e / 720$	R F //4	 $\delta 360 k n e e v$	\2 R F <<
	 δv 180	> H >>1			 $\delta k n e e /$	\ R F //
					 $\delta 360 k n e e_{360}$	\2 R F 002
					 $\delta k n e e_{720}$	\ R F 004
1.90	 $\delta 360$ 180	\2 H 001	 $k n n e e / 720$	R W F //4		
	 δ 540	\ H 003	 $k n e e e$	R F 000		
	 δ 180	\ H >>1				
2.00	 δv 180	> H \1			 $\delta 360 k n e e /$	\2 R F //
					 $\delta 360 k n e e_{720}$	\2 R F 004
2.10	 $\delta 360$ 540	\2 H 003	 $k n e e / 1080$	R F //6		
	 $\delta 360$ 180	\2 H >>1				
	 δ 180	\ H \1				

Appendix A3 - Bane - Sværhedsværdier

D Værdi	Forlæns	K Code	Baglæns	K Code	Blandet	K Code
2.20	540	> H \13	1080	R W F //6	360	\2 R F //2
2.30	180	\2 H \11	360	R // W F 00		
	540	\ H \13		R F 0002		
2.40			360	R // W F 002		
			360	R //2 W F 00		
2.50	540	\2 H \13				
2.60			720	R // W F 004		
			360 360	R //2 W F 002		
2.80			360	R // W F //2		
			360 720	R //2 W F 004		
3.00			720	R // W F //4		
3.20			360 720	R //2 W F //4		
			360 360	R // W F 000		