

## Opvarmningstider

### Regionsrækken Vest 2. runde og Aspirant Vest

**Lørdag den 5. april 2025**

#### **U11 piger 5. division**

*Afvikles i samme division i rotation 6*

| Hold                                      | Rytme       | Bane        | Tramp       |
|-------------------------------------------|-------------|-------------|-------------|
| NGIF gymnastik & atletik forening RU11P 1 | <b>8:00</b> | 8:16        | 8:32        |
| TeamGym Bellinge RU11P 3                  | 8:32        | <b>8:00</b> | 8:16        |
| Aabybro RU11P 2                           | 8:16        | 8:32        | <b>8:00</b> |
| Vejlby IK (VIK) RU11P 3                   | <b>8:08</b> | 8:24        | 8:40        |
| Jelling FS RU11P 2                        | 8:40        | <b>8:08</b> | 8:24        |
| Vejlby IK (VIK) RU11P 2                   | 8:24        | 8:40        | <b>8:08</b> |

#### **U11 piger 4. division**

*Afvikles i samme division i rotation 4+4*

| Hold                              | Rytme       | Bane        | Tramp       |
|-----------------------------------|-------------|-------------|-------------|
| TeamGym Bellinge RU11P 2          | <b>8:55</b> | 9:03        | 9:11        |
| Viborg GF RU11P 3                 | 9:19        | <b>8:55</b> | 9:03        |
| Odense Gymnastik Forening RU11P 2 | 9:11        | 9:19        | <b>8:55</b> |
| Vejlby IK (VIK) RU11P 1           | <b>9:03</b> | 9:11        | 9:19        |
| Ribe Gymnastik Forening RU11P 1   | <b>9:27</b> | 9:35        | 9:43        |
| Springteam Sæby RU11P 3           | 9:51        | <b>9:27</b> | 9:35        |
| Viborg GF RU11P 2                 | 9:43        | 9:51        | <b>9:27</b> |
| Jerne Idrætsforening RU11P 3      | <b>9:35</b> | 9:43        | 9:51        |

#### **U11piger 3. division**

*Afvikles i samme division i rotation 4+4*

| Hold                                 | Rytme        | Bane         | Tramp        |
|--------------------------------------|--------------|--------------|--------------|
| Randers gymnastiske Forening RU11P 2 | <b>10:15</b> | 10:23        | 10:31        |
| Svendborg GF RU11P 2                 | 10:39        | <b>10:15</b> | 10:23        |
| Silkeborg P / D RU11P 1              | 10:31        | 10:39        | <b>10:15</b> |
| Aabybro RU11P 1                      | <b>10:23</b> | 10:31        | 10:39        |
| Vejle Gymnastik-Forening RU11P 1     | <b>10:47</b> | 10:55        | 11:03        |
| Bolbro Gymnasterne RU11P 3           | 11:11        | <b>10:47</b> | 10:55        |
| TeamGym Bellinge RU11P 1             | 11:03        | 11:11        | <b>10:47</b> |
| Odense Gymnastik Forening RU11P 1    | <b>10:55</b> | 11:03        | 11:11        |

### U11piger 2. division

*Afvikles i samme division i rotation 4+4*

| Hold                         | Rytme        | Bane         | Tramp        |
|------------------------------|--------------|--------------|--------------|
| TeamGym Djurs RU11P 2        | <b>12:00</b> | 12:08        | 12:16        |
| Svendborg GF RU11P 3         | 12:24        | <b>12:00</b> | 12:08        |
| Vejen GF RU11P 3             | 12:16        | 12:24        | <b>12:00</b> |
| Jelling FS RU11P 1           | <b>12:08</b> | 12:16        | 12:24        |
| Bolbro Gymnasterne RU11P 2   | <b>12:32</b> | 12:40        | 12:48        |
| Jerne Idrætsforening RU11P 2 | 12:56        | <b>12:32</b> | 12:40        |
| Svendborg GF RU11P 1         | 12:48        | 12:56        | <b>12:32</b> |
| Vejen GF RU11P 2             | <b>12:40</b> | 12:48        | 12:56        |

### U11piger 1. division

*Afvikles i samme division i rotation 4+4*

| Hold                                 | Rytme        | Bane         | Tramp        |
|--------------------------------------|--------------|--------------|--------------|
| Randers gymnastiske Forening RU11P 1 | <b>13:15</b> | 13:23        | 13:31        |
| Springteam Sæby RU11P 1              | 13:39        | <b>13:15</b> | 13:23        |
| TeamGym Djurs RU11P 1                | 13:31        | 13:39        | <b>13:15</b> |
| Springteam Sæby RU11P 2              | <b>13:23</b> | 13:31        | 13:39        |
| Bolbro Gymnasterne RU11P 1           | <b>13:47</b> | 13:55        | 14:03        |
| Jerne Idrætsforening RU11P 1         | 14:11        | <b>13:47</b> | 13:55        |
| Vejen GF RU11P 1                     | 14:03        | 14:11        | <b>13:47</b> |
| Viborg GF RU11P 1                    | <b>13:55</b> | 14:03        | 14:11        |

### U14piger 3. division

*Afvikles i samme division i rotation 4+4*

| Hold                                      | Rytme        | Bane         | Tramp        |
|-------------------------------------------|--------------|--------------|--------------|
| NGIF gymnastik & atletik forening RU14P 1 | <b>14:40</b> | 14:48        | 14:56        |
| Øster Hornum IF RU14P 2                   | 15:04        | <b>14:40</b> | 14:48        |
| TeamGym Bellinge RU14P 2                  | 14:56        | 15:04        | <b>14:40</b> |
| Ribe Gymnastik Forening RU14P 2           | <b>14:48</b> | 14:56        | 15:04        |
| Jerne Idrætsforening RU14P 2              | <b>15:12</b> | 15:20        | 15:28        |
| Aabybro RU14P 3                           | 15:36        | <b>15:12</b> | 15:20        |
| Silkeborg P / D RU14P 2                   | 15:28        | 15:36        | <b>15:12</b> |
| HI-Skanderborg - Gym. afd. RU14P 3        | <b>15:20</b> | 15:28        | 15:36        |

**U14piger 2. division**
*Afvikles i samme division i rotation 4+4*

| Hold                                 | Rytme        | Bane         | Tramp        |
|--------------------------------------|--------------|--------------|--------------|
| Aabybro RU14P 2                      | <b>15:55</b> | 16:03        | 16:11        |
| Svendborg GF RU14P 2                 | 16:19        | <b>15:55</b> | 16:03        |
| Ribe Gymnastik Forening RU14P 1      | 16:11        | 16:19        | <b>15:55</b> |
| Jelling FS RU14P 1                   | <b>16:03</b> | 16:11        | 16:19        |
| Øster Hornum IF RU14P 1              | <b>16:27</b> | 16:35        | 16:43        |
| Randers gymnastiske Forening RU14P 1 | 16:51        | <b>16:27</b> | 16:35        |
| TeamGym Bellinge RU14P 1             | 16:43        | 16:51        | <b>16:27</b> |
| TeamGym Djurs RU14P 1                | <b>16:35</b> | 16:43        | 16:51        |

**U14piger 1. divisioin**
*Afvikles i samme division i rotation 4+4*

| Hold                               | Rytme        | Bane         | Tramp        |
|------------------------------------|--------------|--------------|--------------|
| Svendborg GF RU14P 1               | <b>17:30</b> | 17:38        | 17:46        |
| HI-Skanderborg - Gym. afd. RU14P 2 | 17:54        | <b>17:30</b> | 17:38        |
| Silkeborg P / D RU14P 1            | 17:46        | 17:54        | <b>17:30</b> |
| Jerne Idrætsforening RU14P 1       | <b>17:38</b> | 17:46        | 17:54        |
| Vejlby IK (VIK) RU14P 1            | <b>18:02</b> | 18:10        | 18:18        |
| Aabybro RU14P 1                    | 18:26        | <b>18:02</b> | 18:10        |
| Bolbro Gymnasterne RU14P 1         | 18:18        | 18:26        | <b>18:02</b> |
| HI-Skanderborg - Gym. afd. RU14P 1 | <b>18:10</b> | 18:18        | 18:26        |

**U11 mix 1. division, U11 drenge 1. division, U14 drenge 1. division**
*Afvikles i samme division i rotation 7*

| Hold                                 | Rytme        | Bane         | Tramp        |
|--------------------------------------|--------------|--------------|--------------|
| Aabybro RU11M 1                      | <b>18:45</b> | 19:01        | 19:17        |
| Munkebjerg Gymnastikforening RU11D 2 | 19:25        | <b>18:45</b> | 19:01        |
| Munkebjerg Gymnastikforening RU11D 1 | 19:09        | 19:25        | <b>18:45</b> |
| Svendborg GF RU14D 2                 | <b>18:53</b> | 19:09        | 19:25        |
| TeamGym Aarhus RU14D 1               | 19:33        | <b>18:53</b> | 19:09        |
| Svendborg GF RU14D 1                 | 19:17        | 19:33        | <b>18:53</b> |
| Silkeborg P / D RU14D 1              | <b>19:01</b> | 19:17        | 19:33        |

## Søndag den 6. april 2025

### **Aspirant U8 piger 1. division**

*Afvikles i samme division i rotation 4+4*

| Hold                               | Rytme       | Bane        | Tramp       |
|------------------------------------|-------------|-------------|-------------|
| Aabybro Gymnastikforening AU8P 2   | <b>8:00</b> | 8:08        | 8:16        |
| Aabybro Gymnastikforening AU8P 1   | 8:24        | <b>8:00</b> | 8:08        |
| Stavtrup IF Gymnastik AU8P 1       | 8:16        | 8:24        | <b>8:00</b> |
| TeamGym Bellinge AU8P 2            | <b>8:08</b> | 8:16        | 8:24        |
| Svendborg Gymnastikforening AU8P 1 | <b>8:32</b> | 8:40        | 8:48        |
| TeamGym Bellinge AU8P 1            | 8:56        | <b>8:32</b> | 8:40        |
| Vejen GF AU8P 1                    | 8:48        | 8:56        | <b>8:32</b> |
| Jerne Idrætsforening AU8P 1        | <b>8:40</b> | 8:48        | 8:56        |

### **Aspirant U11 piger 1. division**

*Afvikles i samme division i rotation 5+4*

| Hold                                | Rytme        | Bane         | Tramp        |
|-------------------------------------|--------------|--------------|--------------|
| Vestjysk GF (VGF89) AU11P 2         | <b>9:25</b>  | 9:49         | 9:33         |
| Jerne Idrætsforening AU11P 2        | 9:41         | <b>9:25</b>  | 9:49         |
| Stavtrup IF Gymnastik AU11P 1       | 9:57         | 9:41         | <b>9:25</b>  |
| Aabybro Gymnastikforening AU11P 1   | <b>9:33</b>  | 9:57         | 9:41         |
| Vestjysk GF (VGF89) AU11P 1         | 9:49         | <b>9:33</b>  | 9:57         |
| TeamGym Djurs AU11P 1               | <b>10:05</b> | 10:13        | 10:21        |
| Svendborg Gymnastikforening AU11P 1 | 10:29        | <b>10:05</b> | 10:13        |
| Jerne Idrætsforening AU11P 1        | 10:21        | 10:29        | <b>10:05</b> |
| Vejen GF AU11P 1                    | <b>10:13</b> | 10:21        | 10:29        |

### **Aspirant U8, U11, U14 drenge 1. division & U14 piger 1. division**

*Afvikles i samme division i rotation 4*

| Hold                                | Rytme        | Bane         | Tramp        |
|-------------------------------------|--------------|--------------|--------------|
| TeamGym Bellinge AU8D 1             | <b>10:55</b> | 11:03        | 11:11        |
| TeamGym Djurs AU11D 1               | 11:19        | <b>10:55</b> | 11:03        |
| TeamGym Bellinge AU14D 1            | 11:11        | 11:19        | <b>10:55</b> |
| Svendborg Gymnastikforening AU14P 1 | <b>11:03</b> | 11:11        | 11:19        |