

Category	Distance	Number of	Series x	Time		Planning	
		skaters	time	compet.	iceprepar.	start	end
Ladies - Allround	500	24	12 x 2'15	00:27		14:00	14:27
Change category					00:05	14:27	14:32
Men - Allround	500	24	12 x 2'15	00:27		14:32	14:59
Ice preparation (3 lanes)					00:16	14:59	15:15
Ladies - Allround	3 000	24	12 x 5'30	01:06		15:15	16:21
Ice preparation (2 lanes)					00:04	16:21	16:25
	Prize giving on spot 500 Ladies and 3000 Ladies				00:05	16:25	16:30
					00:05	16:30	16:35
Men - Allround	5 000	12	6 x 8'00	00:48		16:35	17:23
Ice preparation (2 lanes)					00:14	17:23	17:37
Men - Allround	5 000	12	6 x 8'00	00:48		17:37	18:25
Ice preparation (2 lanes)					00:04	18:25	18:29
	Prize giving on spot 500 Men and 5000 Men				00:05	18:29	18:34
					00:05	18:34	18:39
Team Sprint Ladies	TS	8	4 x 3'00	00:12		18:39	18:51
Change category					00:05	18:51	18:56
Team Sprint Men	TS	8	4 x 3'00	00:12		18:56	19:08
	Medal Ceremony Ladies Team Sprint				00:10	19:08	19:18
	Medal Ceremony Men Team Sprint				00:10	19:18	19:28
	Lap of Honor World Team Sprint Champions				00:08	19:28	19:36
SCHEDULE WITH ALL RESERVE							