

DAY 1

13 August 2019

lay out: 1

duration 12 min
wisseling 2 min

coach

coach 2

	Class	Duur	Van	Tot	Wisselen		
TR1	Race-kids 1	Practice 1	0:12	10:00	10:12	0:02	
TR1	Minibike A	Practice 1	0:12	10:14	10:26	0:02	
TR1	Minibike B	Practice 1	0:12	10:28	10:40	0:02	
TR1	NSF / Ohvale	Practice 1	0:12	10:42	10:54	0:02	
TR1	125cc / MiniGP	Practice 1	0:12	10:56	11:08	0:02	
	Pauze	0:10	11:10	11:20			10
TR2	Race-kids 1	Practice 2	0:12	11:20	11:32	0:02	
TR2	Minibike A	Practice 2	0:12	11:34	11:46	0:02	
TR2	Minibike B	Practice 2	0:12	11:48	12:00	0:02	
TR2	NSF / Ohvale	Practice 2	0:12	12:02	12:14	0:02	
TR2	125cc / MiniGP	Practice 2	0:12	12:16	12:28	0:02	
	Pauze	0:45	12:30	13:15			45
TR3	Race-kids 1	Practice 3	0:12	13:15	13:27	0:02	
TR3	Minibike A	Practice 3	0:12	13:29	13:41	0:02	
TR3	Minibike B	Practice 3	0:12	13:43	13:55	0:02	
TR3	NSF / Ohvale	Practice 3	0:12	13:57	14:09	0:02	
TR3	125cc / MiniGP	Practice 3	0:12	14:11	14:23		
	Pauze	0:10	14:23	14:33			10
TR4	Race-kids 1	Practice 4	0:12	14:33	14:45	0:02	
TR4	Minibike A	Practice 4	0:12	14:47	14:59	0:02	
TR4	Minibike B	Practice 4	0:12	15:01	15:13	0:02	
TR4	NSF / Ohvale	Practice 4	0:12	15:15	15:27	0:02	
TR4	125cc / MiniGP	Practice 4	0:12	15:29	15:41		
	Pauze	0:10	15:41	15:51			10
TR5	Race-kids 1	Practice 5	0:12	15:51	16:03	0:02	
TR5	Minibike A	Practice 5	0:12	16:05	16:17	0:02	
TR5	Minibike B	Practice 5	0:12	16:19	16:31	0:02	
TR5	NSF / Ohvale	Practice 5	0:12	16:33	16:45	0:02	
TR5	125cc / MiniGP	Practice 5	0:12	16:47	16:59		

Evening Program: 19:30 Physical exercise/ survival course