Category	Distance	Number of competitors	pair or quartets	quartets x Time	Time		Planning	
					Comp	Iceprep	start	end
Training							**10:00**	**11:30**
Iceprep							**11:30**	**11:50**
Rek. 100m (1)	100m	12	6 pair	6X 1'	00:06		**12:00**	**12:06**
Rek. 100m (2)	100m	5	3 pair	3X 1'	00:03		**12:06**	**12:09**
500m alle	500m	44	22 pair	22X 2'	00:44		**12:09**	**12:53**
400m alle	400m	12	6 pair	6X 2'	00:12		**12:53**	**13:05**
Ice preparation						00:20	**13:05**	**13:25**
1000 m alle	1 000	26	13 pair	13X 2,5'	00:32		**13:30**	**14:02**
1500 m alle	1 500	8	4 pair	4X 3'	00:12		**14:02**	**14:14**
3000 m alle	3 000	4	2 pair	2X 6'	00:12		**14:14**	**14:26**