

# The 19th M-Wave Speed Skating Competition

Day 1

Thursday 11 Feb.2021

as of 10 Feb. 2021

Category	Div.	Distance	Number of skaters	Series x time	Time		Planning	
					compet.	iceprepar.	start	end
<i>Ice training (for MW)</i>				1 x 30'00	30'00		7:10	7:40
<i>Ice preparation</i>						25'00	7:40	8:05
<i>Warm up (for MW)</i>				1 x 30'00	30'00		8:05	8:35
<i>Ice preparation</i>						25'00	8:35	9:00
<i>Ladies</i>	<i>MW</i>	<i>1500m</i>	<i>40</i>	<i>10 q x 04'00</i>	<i>40'00</i>		<i>9:00</i>	<i>9:40</i>
		<i>(Flower giving - L1500m)</i>						