

Pannon Szoftver
5th Hungarian International Aerobics Open
 21st/23rd October 2011 Budaörs - Hungary

Training schedule

21st of October, Friday		Number of routines	Warm up hall		Competition hall	
			General warm up	Specific warm up	Podium	
			<i>Without floor 40'</i>	<i>Floor A without music 20'</i>	<i>With music</i>	
1.	GRE (7) + RUS (12)	19	10:00 - 10:40	10:40 - 11:00	11:00 - 11:38	38'
2.	UKR (15) + USA (1) + Carcassonne /FRA (1)	17	10:38 - 11:18	11:18 - 11:38	11:38 - 12:12	34'
3.	CZE (22)	22	11:12 - 11:52	11:52 - 12:12	12:12 - 12:56	44'
Break						
4.	HUN Group 1 /Vasas SC (6) + TFSE (7)/	13	12:30 - 13:10	13:10 - 13:30	13:30 - 13:56	26'
5.	HUN Group 2 /Óbudai WDSE (11)/	11	12:56 - 13:36	13:36 - 13:56	13:56 - 14:18	22'
6.	HUN Group 3 /Flex-HD (12)/	12	13:18 - 13:58	13:58 - 14:18	14:18 - 14:42	24'
7.	BUL (29)	29	13:42 - 14:22	14:22 - 14:42	14:42 - 15:40	58'
8.	SVK (11) + SWE (4)	15	14:40 - 15:20	15:20 - 15:40	15:40 - 16:10	30'
9.	AUT (9) + ESP (3) + POR (2)	14	15:10 - 15:50	15:50 - 16:10	16:10 - 16:38	28'
10.	ROU (22)	22	15:38 - 16:18	16:18 - 16:38	16:38 - 17:22	44'
11.	HUN Group 4 /Forma Fitt SE (10)/	10	16:22 - 17:02	17:02 - 17:22	17:22 - 17:42	20'
12.	HUN Group 5 /BHSE (3) + PTE-PEAC (3) + Komló Szilvási SE (1) + Dinamik SE (2)/	9	16:42 - 17:22	17:22 - 17:42	17:42 - 18:00	18'
13.	HUN Group 6 /Flex-HD (12) + BHSE (1) + BDSE (1)/	14	17:00 - 17:40	17:40 - 18:00	18:00 - 18:28	28'
14.	FRA (6) + ISR (2) + GER (5)	13	17:28 - 18:08	18:08 - 18:28	18:28 - 18:54	26'

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Training schedule

22nd of October, Saturday <i>(training possibility only for categories of sunday!)</i>		Number of routines	Warm up hall		Competition hall	
			General warm up	Specific warm up	Podium	
			<i>Without floor 40'</i>	<i>Floor A without music 20'</i>	<i>With music</i>	
1.	BUL (10) + UKR (5)	15	12:00 - 12:40	12:40 - 13:00	13:00 - 13:30	30'
2.	HUN Group 1 /Flex-HD (10) + Vasas (2)/	12	12:30 - 13:10	13:10 - 13:30	13:30 - 13:54	24'
3.	HUN Group 2 /BHSE (2) + Forma Fitt (7) + PTE-PEAC (2)/	11	12:54 - 13:34	13:34 - 13:54	13:54 - 14:16	22'
4.	HUN Group 3 /Óbudai WDSE (4) + Pulzus SE (2) + TFSE (4) + Tótágas ASE (2)/	12	13:16 - 13:56	13:56 - 14:16	14:16 - 14:40	24'
5.	AUT (2) + CZE (6) + GER (2) + SVK (1) + SWE (1) + Carcassonne/FRA (1)	13	17:40 - 18:20	18:20 - 18:40	18:40 - 19:06	26'
6.	ESP (1) + FRA (5) + GRE (2) + RUS (5)	13	18:06 - 18:46	18:46 - 19:06	19:06 - 19:32	26'
7.	ROU (17)	17	18:32 - 19:12	19:12 - 19:32	19:32 - 20:06	34'