

MINUTAJE CAMPEONATO DE ESPAÑA IBERDROLA ABSOLUTO 2024

COMPETICIÓN VIERNES 13 DE DICIEMBRE (MAÑANA)

	10:30:00	10:34:00	CALENTAMIENTO NOV. ADVANCED FEMENINO (SP)	
1	10:34:00	10:38:30		
2	10:38:30	10:43:00		
3	10:43:00	10:47:30		
4	10:47:30	10:52:00		
5	10:52:00	10:56:30		
6	10:56:30	11:01:00		
7	11:01:00	11:05:30		
	11:05:30	11:09:30	CALENTAMIENTO NOV. ADVANCED FEMENINO (SP)	
8	11:09:30	11:14:00		
9	11:14:00	11:18:30		
10	11:18:30	11:23:00		
11	11:23:00	11:27:30		
12	11:27:30	11:32:00		
13	11:32:00	11:36:30		
14	11:36:30	11:41:00		
	11:41:00	11:45:00	CALENTAMIENTO NOV. ADVANCED FEMENINO (SP)	
15	11:45:00	11:49:30		
16	11:49:30	11:54:00		
17	11:54:00	11:58:30		
18	11:58:30	12:03:00		
19	12:03:00	12:07:30		
20	12:07:30	12:12:00		
21	12:12:00	12:16:30		
22	12:16:30	12:21:00		
	12:21:00	12:34:00	PASE DE MÁQUINA 13min	
	12:34:00	12:38:00	CALENTAMIENTO NOV. ADVANCED FEMENINO (SP)	
23	12:38:00	12:42:30		
24	12:42:30	12:47:00		
25	12:47:00	12:51:30		
26	12:51:30	12:56:00		
27	12:56:00	13:00:30		
28	13:00:30	13:05:00		
29	13:05:00	13:09:30		
30	13:09:30	13:14:00		

	13:14:00	13:18:00	CALENTAMIENTO NOV. ADVANCED MASCULINO (SP)	
1	13:18:00	13:22:30		
2	13:22:30	13:27:00		
3	13:27:00	13:31:30		
4	13:31:30	13:36:00		
	13:36:00	13:40:00	CALENTAMIENTO NOV. ADVANCED MASCULINO (SP)	
5	13:40:00	13:44:30		
6	13:44:30	13:49:00		
7	13:49:00	13:53:30		
8	13:53:30	13:58:00		
9	13:58:00	14:02:30		
	14:02:30	14:17:30	PASE DE MÁQUINA 15min	

COMPETICIÓN VIERNES 13 DE DICIEMBRE (TARDE)

	17:30:00	17:36:00	CALENTAMIENTO JUNIOR FEMENINO (SP)	
1	17:36:00	17:41:00		
2	17:41:00	17:46:00		
3	17:46:00	17:51:00		
4	17:51:00	17:56:00		
5	17:56:00	18:01:00		
6	18:01:00	18:06:00		
7	18:06:00	18:11:00		
	18:11:00	18:17:00	CALENTAMIENTO JUNIOR FEMENINO (SP)	
8	18:17:00	18:22:00		
9	18:22:00	18:27:00		
10	18:27:00	18:32:00		
11	18:32:00	18:37:00		
12	18:37:00	18:42:00		
13	18:42:00	18:47:00		
14	18:47:00	18:52:00		
	18:52:00	19:05:00	PASE DE MÁQUINA 13min	
	19:05:00	19:11:00	CALENTAMIENTO JUNIOR MASCULINO(SP)	
1	19:11:00	19:16:00		
2	19:16:00	19:21:00		
3	19:21:00	19:26:00		
4	19:26:00	19:31:00		
	19:31:00	19:37:00	CALENTAMIENTO JUNIOR MASCULINO(SP)	
5	19:37:00	19:42:00		
6	19:42:00	19:47:00		
7	19:47:00	19:52:00		
8	19:52:00	19:57:00		
	19:57:00	20:03:00	CALENTAMIENTO SENIOR FEMENINO (SP)	
1	20:03:00	20:08:00		
2	20:08:00	20:13:00		
3	20:13:00	20:18:00		
4	20:18:00	20:23:00		
5	20:23:00	20:28:00		
	20:28:00	20:43:00	PASE DE MÁQUINA 15min	
1	20:43:00	20:50:00	SINCRO JUNIOR (SP)	
1	20:50:00	20:57:00	SINCRO SENIOR ELITE 12 (SP)	
1	20:57:00	21:04:00	SINCRO SENIOR (SP)	
	21:04:00	21:17:00	PASE DE MÁQUINA 13min	
1	21:17:00	21:24:00	SINCRO BASIC NOVICE (FP)	
1	21:24:00	21:31:00	SINCRO MIXED AGE (FP)	
	21:31:00	21:44:00	PASE DE MÁQUINA 13min	

COMPETICIÓN SÁBADO 14 DE DICIEMBRE (MAÑANA)

	10:00:00	10:05:00	CALENTAMIENTO NOVICE ADVANCED FEMENINO (FP)	
1	10:05:00	10:10:00		
2	10:10:00	10:15:00		
3	10:15:00	10:20:00		
4	10:20:00	10:25:00		
5	10:25:00	10:30:00		
6	10:30:00	10:35:00		
7	10:35:00	10:40:00		
	10:40:00	10:45:00	CALENTAMIENTO NOVICE ADVANCED FEMENINO (FP)	
8	10:45:00	10:50:00		
9	10:50:00	10:55:00		
10	10:55:00	11:00:00		
11	11:00:00	11:05:00		
12	11:05:00	11:10:00		
13	11:10:00	11:15:00		
14	11:15:00	11:20:00		
	11:20:00	11:25:00	CALENTAMIENTO NOVICE ADVANCED FEMENINO (FP)	
15	11:25:00	11:30:00		
16	11:30:00	11:35:00		
17	11:35:00	11:40:00		
18	11:40:00	11:45:00		
19	11:45:00	11:50:00		
20	11:50:00	11:55:00		
21	11:55:00	12:00:00		
22	12:00:00	12:05:00		
	12:05:00	12:20:00	PASE DE MÁQUINA 15min	
	12:20:00	12:25:00	CALENTAMIENTO NOVICE ADVANCED FEMENINO (FP)	
15	12:25:00	12:30:00		
16	12:30:00	12:35:00		
17	12:35:00	12:40:00		
18	12:40:00	12:45:00		
19	12:45:00	12:50:00		
20	12:50:00	12:55:00		
21	12:55:00	13:00:00		
22	13:00:00	13:05:00		
	13:05:00	13:10:00	CALENTAMIENTO NOVICE ADVANCED MASCULINO (FP)	
1	13:10:00	13:15:00		
2	13:15:00	13:20:00		
3	13:20:00	13:25:00		
4	13:25:00	13:30:00		

	13:30:00	13:35:00	CALENTAMIENTO NOVICE ADVANCED MASCULINO (FP)	
5	13:35:00	13:40:00		
6	13:40:00	13:45:00		
7	13:45:00	13:50:00		
8	13:50:00	13:55:00		
9	13:55:00	14:00:00		
	14:00:00	14:15:00	PASE DE MÁQUINA 15min	

COMPETICIÓN SÁBADO 14 DE DICIEMBRE (TARDE)

	17:00:00	17:03:00	CALENTAMIENTO DANZA INTERMEDIATE NOV (PATTERN 1)	
1	17:03:00	17:08:00		
2	17:08:00	17:13:00		
3	17:13:00	17:18:00		
	17:18:00	17:21:00	CALENTAMIENTO NOVICE ADVANCED (PATTERN 1)	
1	17:21:00	17:26:00		
2	17:26:00	17:31:00		
1	17:31:00	17:36:00		
	17:36:00	17:39:00	CALENTAMIENTO DANZA INTERMEDIATE NOV (PATTERN 2)	
1	17:39:00	17:44:00		
2	17:44:00	17:49:00		
3	17:49:00	17:54:00		
	17:54:00	17:57:00	CALENTAMIENTO NOVICE ADVANCED (PATTERN 2)	
1	17:57:00	18:02:00		
2	18:02:00	18:07:00		
1	18:07:00	18:12:00		
	18:12:00	18:25:00	PASE DE MÁQUINA 13min	
	18:25:00	18:30:00	CALENTAMIENTO SOLO DANZA JUNIOR (RD)	
1	18:30:00	18:35:00		
2	18:35:00	18:40:00		
3	18:40:00	18:45:00		
	18:45:00	18:50:00	CALENTAMIENTO DANZA JUNIOR (RD)	
1	18:50:00	18:55:00		
2	18:55:00	19:00:00		
3	19:00:00	19:05:00		
4	19:05:00	19:10:00		
	19:10:00	19:15:00	CALENTAMIENTO DANZA SENIOR (RD)	
1	19:15:00	19:20:00		
2	19:20:00	19:25:00		
3	19:25:00	19:30:00		
4	19:30:00	19:35:00		
	19:35:00	19:50:00	PASE DE MÁQUINA (15MIN)	
1	19:50:00	19:57:00	SINCRO JUNIOR	FP
1	19:57:00	20:04:00	SINCRO SENIOR ÉLITE 12	FP
1	20:04:00	20:11:00	SINCRO SENIOR	FP
	20:11:00	20:26:00	PASE DE MÁQUINA 15min	
	20:26:00	20:32:00	SENIOR FEMENINO (FP)	
1	20:32:00	20:37:00		
2	20:37:00	20:42:00		
3	20:42:00	20:47:00		
4	20:47:00	20:52:00		
5	20:52:00	20:57:00		

	20:57:00	21:03:00	CALENTAMIENTO PAREJAS (Nov. Advanced+2 Junior) (SP)	
1	21:03:00	21:08:00		
1	21:08:00	21:13:00		
2	21:13:00	21:18:00		
	21:18:00	21:24:00	CALENTAMIENTO PAREJAS (2 junior+Senior) (SP)	
3	21:24:00	21:29:00		
4	21:29:00	21:34:00		
1	21:34:00	21:39:00		
	21:39:00	21:52:00	PASE DE MÁQUINA 13min	
	21:52:00	21:58:00	CALENTAMIENTO SENIOR MASCULINO(SP)	
1	21:58:00	22:03:00		
2	22:03:00	22:08:00		
3	22:08:00	22:13:00		
4	22:13:00	22:18:00		
5	22:18:00	22:23:00		
6	22:23:00	22:28:00		
	22:28:00	22:43:00	PASE DE MÁQUINA 15min	

COMPETICIÓN DOMINGO 15 DE DICIEMBRE (MAÑANA)

	11:15:00	11:18:00	CALENTAMIENTO DANZA INTERMEDIATE NOVICE +CALENTAMIENTO DANZA Y SOLO DANZA NOVICE ADVANCED	
1	11:18:00	11:22:45		
2	11:22:45	11:27:30		
3	11:27:30	11:32:15		
1	11:32:15	11:37:00		
2	11:37:00	11:41:45		
1	11:41:45	11:46:30		
	11:46:30	11:51:30	CALENTAMIENTO SOLO DANZA JUNIOR	
1	11:51:30	11:56:15		
2	11:56:15	12:01:00		
3	12:01:00	12:05:45		
	12:05:45	12:18:45	PASE DE MÁQUINA 13min	
	12:18:45	12:23:45	CALENTAMIENTO DANZA JUNIOR	
1	12:23:45	12:28:45		
2	12:28:45	12:33:45		
3	12:33:45	12:38:45		
4	12:38:45	12:43:45		
	12:43:45	12:48:45	CALENTAMIENTO DANZA SENIOR	
1	12:48:45	12:54:15		
2	12:54:15	12:59:45		
3	12:59:45	13:05:15		
4	13:05:15	13:10:45		
	13:10:45	13:25:45	PASE DE MÁQUINA 15min	
	13:25:45	13:31:45	CALENTAMIENTO PAREJAS NOV ADV +2 JUNIOR (FP)	
1	13:31:45	13:37:15		
1	13:37:15	13:42:45		
2	13:42:45	13:48:15		
	13:48:15	13:54:15	CALENTAMIENTO PAREJAS 2 JUNIOR+SENIOR (FP)	
3	13:54:15	13:59:45		
4	13:59:45	14:05:15		
1	14:05:15	14:10:45		
	14:10:45	14:25:45	PASE DE MÁQUINA 15min	

COMPETICIÓN DOMINGO 15 DE DICIEMBRE (TARDE)

	15:45:00	15:51:00	CALENTAMIENTO JUNIOR FEMENINO (FP)	
1	15:51:00	15:56:30		
2	15:56:30	16:02:00		
3	16:02:00	16:07:30		
4	16:07:30	16:13:00		
5	16:13:00	16:18:30		
6	16:18:30	16:24:00		
7	16:24:00	16:29:30		
	16:29:30	16:35:30	CALENTAMIENTO JUNIOR FEMENINO (FP)	
8	16:35:30	16:41:00		
9	16:41:00	16:46:30		
10	16:46:30	16:52:00		
11	16:52:00	16:57:30		
12	16:57:30	17:03:00		
13	17:03:00	17:08:30		
14	17:08:30	17:14:00		
	17:14:00	17:28:00	PASE DE MÁQUINA 14min	
	17:28:00	17:34:00	CALENTAMIENTO JUNIOR MASCULINO (FP)	
1	17:34:00	17:40:00		
2	17:40:00	17:46:00		
3	17:46:00	17:52:00		
4	17:52:00	17:58:00		
	17:58:00	18:04:00	CALENTAMIENTO JUNIOR MASCULINO (FP)	
5	18:04:00	18:10:00		
6	18:10:00	18:16:00		
7	18:16:00	18:22:00		
8	18:22:00	18:28:00		
	18:28:00	18:34:00	CALENTAMIENTO SENIOR MASCULINO (FP)	
1	18:34:00	18:40:00		
2	18:40:00	18:46:00		
3	18:46:00	18:52:00		
4	18:52:00	18:58:00		
5	18:58:00	19:04:00		
6	19:04:00	19:10:00		
	19:10:00	19:25:00	PASE DE MÁQUINA 15min	

	20:30:00	22:00:00	GALA DE LA COMPETICIÓN	
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