

KJØREPLAN NM 2018 - LØRDAG 29.09

NB! Kjøreplan kan bli endret, følg derfor med! Oppdatert 23.09.2018 kl 16:50

VED 6 ELLER FÆRRE UTØVERE I EN KLASSE, VIL UTØVERNE GÅ DIREKTE TIL FINALE

KL 10:00 - START - ÅPNINGSSEREMONI

1	Womens Fitness Åpen klasse - Runde 3 Friprogram
2	Mens Fitness Åpen klasse - Runde 3 Friprogram
3	Womens Wellness Fitness Åpen klasse - Runde 1
4	Mens Classic Bodybuilding +180cm - Runde 1 Symmetri
5	Mens Classic Bodybuilding -180cm - Friposering & Symmetri - finale
6	Mens Classic Bodybuilding +180cm - Friposering & Symmetri - finale
7	Womens Fitness Åpen klasse - Runde 4 Kvartvendinger
8	Mens Fitness Åpen klasse - Runde 4 Kvartvendinger
9	Womens Wellness Fitness Åpen klasse - Runde 2 - finale
10	<i>Premieutdeling - Mens Classic Bodybuilding -180cm</i>
11	<i>Premieutdeling - Mens Classic Bodybuilding +180cm</i>
12	<i>Premieutdeling - Womens Fitness</i>
13	<i>Premieutdeling - Mens Fitness</i>
14	<i>Premieutdeling - Womens Wellness Fitness</i>
15	Mens Classic Bodybuilding Junior Åpen klasse - Friposering & Symmetri - finale
16	Mens Classic Bodybuilding Master Åpen klasse - Friposering & Symmetri - finale
17	<i>Premieutdeling - Mens Classic Bodybuilding Junior Åpen</i>
18	<i>Premieutdeling - Mens Classic Bodybuilding Master Åpen</i>
19	Mens Classic Bodybuilding Overall
20	<i>Premieutdeling - Mens Classic Bodybuilding Overall</i>
21	<i>*LANDSLAG VM / WILDCARD UTTAK - CLASSIC BODYBUILDING</i>
30 MIN PAUSE	
22	Mens Bodybuilding -90kg - Friposering & Symmetri - finale
23	Mens Bodybuilding +90kg - Friposering & Symmetri - finale
24	Mens Bodybuilding Junior Åpen klasse - Friposering & Symmetri - finale
25	Mens Bodybuilding Master Åpen klasse - Friposering & Symmetri - finale
26	<i>Premieutdeling - Mens Bodybuilding -90kg</i>
27	<i>Premieutdeling - Mens Bodybuilding +90kg</i>
28	<i>Premieutdeling - Mens Bodybuilding Junior Åpen</i>
29	<i>Premieutdeling - Mens Bodybuilding Master Åpen</i>
30	Mens Bodybuilding Overall
31	<i>Premieutdeling - Mens Bodybuilding Overall</i>
32	<i>*LANDSLAG VM / WILDCARD UTTAK - MENS BODYBUILDING</i>

1 TIME PAUSE	
33	Eliminerings runde: Womens Bikini Fitness -169cm
34	Womens Bikini Fitness -158cm - Runde 1
35	Womens Bikini Fitness -162 cm - Runde 1
36	Womens Bikini Fitness -164cm - Runde 1
37	Womens Bikini Fitness -158cm - Runde 2 - finale
38	Womens Bikini Fitness -162 cm - Runde 2 - finale
39	Womens Bikini Fitness -164cm - Runde 2 finale
40	<i>Premieutdeling - Womens Bikini Fitness -158cm</i>
41	<i>Premieutdeling - Womens Bikini Fitness -162cm</i>
42	<i>Premieutdeling - Womens Bikini Fitness -164cm</i>
43	Womens Bikini Fitness -166cm - Runde 1
44	Womens Bikini Fitness -169cm - Runde 1
45	Womens Bikini Fitness -172cm - Runde 1
46	Womens Bikini Fitness +172cm - Runde 1
47	Womens Bikini Fitness -166cm - Runde 2 finale
48	Womens Bikini Fitness -169cm - Runde 2 - finale
49	Womens Bikini Fitness -172cm - Runde 2 - finale
50	Womens Bikini Fitness +172cm - Runde 2 - finale
51	<i>Premieutdeling - Womens Bikini Fitness -166cm</i>
52	<i>Premieutdeling - Womens Bikini Fitness -169cm</i>
53	<i>Premieutdeling - Womens Bikini Fitness -172cm</i>
54	<i>Premieutdeling - Womens Bikini Fitness +172cm</i>
55	Eliminerings runde: Womens Bikini Fitness Junior -166cm
30 MIN PAUSE	
56	Womens Bikini Fitness Junior -166cm - Runde 1
57	Womens Bikini Fitness Junior +166cm - Runde 1
58	Womens Bikini Fitness Master Åpen klasse - Runde 1
59	Womens Bikini Fitness Junior -166cm - Runde 2 - finale
60	Womens Bikini Fitness Junior +166cm - Runde 2 - finale
61	Womens Bikini Fitness Master Åpen klasse - Runde 2 - finale
62	<i>Premieutdeling - Womens Bikini Fitness Junior -166 cm</i>
63	<i>Premieutdeling - Womens Bikini Fitness Junior +166 cm</i>
64	<i>Premieutdeling - Womens Bikini Fitness Master Åpen</i>
65	Women's Bikini Fitness Overall
66	<i>Award ceremony - Bikini Fitness Overall</i>
67	<i>*LANDSLAG VM / WILDCARD UTTAK - BIKINI FITNESS</i>
KONKURRANSE FERDIG	