

COUPE DES HAUTS DE FRANCE

Etape 1 - Mouvaux - 04 & 05 mars 2023

Ligue
Regionale Roller
& Skateboard
HAUTS-DE-FRANCE



SAMEDI

14:30	00:30:00	Ouverture des portes				
15:00	00:45:00	ELITE		ENTRAINEMENT		
15:45	00:30:00	REG 1		ENTRAINEMENT		
16:15	00:45:00	PAUSE				
17:00	00:04:45	FREE - ELITE N1 - ESP (04:00) CAD (04:35) SEN (04:45)	EPREUVE 1	ECHAUFFEMENT		
17:04	00:04:00	FREE - ELITE N1 - ESPOIR - F	EPREUVE 1	364387	Chloe	BOURASSEAU
17:08	00:05:10	FREE - ELITE N1 - CADET - F	EPREUVE 1	290584	Chloe	ZAREMBA
17:13	00:05:10	FREE - ELITE N1 - CADET - F	EPREUVE 1	347296	Inaya	KAIDI
17:19	00:05:10	FREE - ELITE N1 - CADET - F	EPREUVE 1	364847	Loanne	DESMONS
17:24	00:05:30	FREE - ELITE N1 - SENIOR - F	EPREUVE 1	257132	Sophie	AKRIVOS
17:29	00:10:00	PAUSE				
17:39	00:04:30	FREE - REGIONAL 1 - MINI & ESPOIR		ECHAUFFEMENT		
17:44	00:05:00	FREE - REGIONAL 1 - MINI - F		440416	Anaé	LEGLIN
17:49	00:05:00	FREE - REGIONAL 1 - MINI - F		462855	Ylana	OBARA
17:54	00:05:00	FREE - REGIONAL 1 - ESPOIR - F		499981	Emma	GHISLAIN
17:59	00:05:00	FREE - REGIONAL 1 - ESPOIR - F		419290	Mathilde	VANNIENWENHOVE
18:04	00:05:00	FREE - REGIONAL 1 - ESPOIR - M		377934	Timote	ROSZAK
18:09	00:10:00	PAUSE				
18:19	00:04:30	FREE - REGIONAL 1 - CADET & JEUNESSE		ECHAUFFEMENT		
18:23	00:05:00	FREE - REGIONAL 1 - CADET - F		501369	Romane	DEHOUCKE
18:28	00:05:00	FREE - REGIONAL 1 - CADET - F		305959	Ava	CROMBET
18:33	00:05:00	FREE - REGIONAL 1 - JEUNESSE - F		402182	Erika	CAIGNAERT
18:38	00:10:00	PAUSE				
18:48	00:20:00	PODIUMS				
19:08	01:00:00	Bilan des officiels				
20:08	FIN					

DIMANCHE

10:00	00:30:00	Ouverture des portes				
10:30	00:30:00	REG 2		ENTRAINEMENT		
11:00	00:45:00	N3		ENTRAINEMENT		
11:45	00:45:00	N2		ENTRAINEMENT		
12:30	00:45:00	ELITE N1		ENTRAINEMENT		
13:15	01:15:00	PAUSE				
14:30	00:04:30	FREE - REGIONAL 2		ECHAUFFEMENT		
14:34	00:05:00	FREE - REGIONAL 2 - ESPOIR - F		459738	Sirine	ESSID
14:39	00:05:00	FREE - REGIONAL 2 - CADET - F		327359	Tania	DELCROIX
14:44	00:05:00	FREE - REGIONAL 2 - CADET - F		364384	Melyne	BALLOIS
14:49	00:05:00	FREE - REGIONAL 2 - CADET - F		436989	Lytana	NTOMB
14:54	00:05:00	FREE - REGIONAL 2 - JEUNESSE - F		463428	Fantine	TRUPIN
14:59	00:05:00	FREE - REGIONAL 2 - SENIOR - F		322084	Donna	MARQUEGNIES
15:04	00:10:00	PAUSE				
15:14	00:04:30	FREE - N3 - CADET (04:15) JUNIOR SENIOR (04:30)		ECHAUFFEMENT		
15:19	00:04:30	FREE - N3 - CADET - F		332959	Elicia	DELATTRE
15:23	00:05:00	FREE - N3 - JUNIOR - F		387591	Lisa	DEWISPELAERE
15:28	00:05:00	FREE - N3 - JUNIOR - F		305843	Melisse	DE CASTRO
15:33	00:05:00	FREE - N3 - SENIOR - F		316462	Flora	DE CASTRO
15:38	00:10:00	PAUSE				
15:48	00:04:15	FREE - N2 - MINI (04:15) ESPOIR CADET (04:45)		ECHAUFFEMENT		
15:52	00:04:30	FREE - N2 - MINI - F		416986	Xinlou	NGUYEN
15:57	00:05:30	FREE - N2 - ESPOIR - F		396544	Clara	DECANTER
16:02	00:05:30	FREE - N2 - CADET - F		433171	Xylia	ROSEMBERG
16:08	00:05:30	FREE - N2 - CADET - M		477573	Gaspard	TRUPIN
16:13	00:10:00	PAUSE				
16:23	00:05:15	FREE - ELITE N1 - ESPOIR (05:15) CADET (5:40) SENIOR (06:30)	EPREUVE 2	ECHAUFFEMENT		
16:29	00:06:30	FREE - ELITE N1 - ESPOIR - F	EPREUVE 2	364387	Chloe	BOURASSEAU
16:35	00:07:20	FREE - ELITE N1 - CADET - F	EPREUVE 2	290584	Chloe	ZAREMBA
16:42	00:07:20	FREE - ELITE N1 - CADET - F	EPREUVE 2	347296	Inaya	KAIDI
16:50	00:07:20	FREE - ELITE N1 - CADET - F	EPREUVE 2	364847	Loanne	DESMONS
16:57	00:09:00	FREE - ELITE N1 - SENIOR - F	EPREUVE 2	104157	Solene	GLOUX
17:06	00:30:00	PODIUMS				
17:36	FIN					