



**11th EUROPEAN AEROBIC CHAMPIONSHIPS
FOR SENIORS AND JUNIORS
BAKU (AZE)**



Wednesday, 22.05.2019. Junior

Nations (JUN)	Routines N°	Training Hall						Competition Hall	
		General Warm Up		Specific Warm Up		Specific Warm Up		Podium	
		(30 min)		Without Music (30min)		With Music (2min per routine)		(3 min per routine)	
HUN(8)+AUT (2)	10	08:06	08:36	08:36	09:06	09:06	09:26	09:26	09:56
ESP(8)+FRA(4)	12	08:32	09:02	09:02	09:32	09:32	09:56	09:56	10:32
ITA (9)+CZE(3)	12	09:08	09:38	09:38	10:08	10:08	10:32	10:32	11:08
ROU (9) +EST(3)	12	09:44	10:14	10:14	10:44	10:44	11:08	11:08	11:44
BUL (7) +FIN (5)	12	10:20	10:50	10:50	11:20	11:20	11:44	11:44	12:20
LTU (7) + GER (5)	12	10:56	11:26	11:26	11:56	11:56	12:20	12:20	12:56
POR(9)+MDA(3)	12	11:32	12:02	12:02	12:32	12:32	12:56	12:56	13:32
RUS (10)	10	12:12	12:42	12:42	13:12	13:12	13:32	13:32	14:02
GRE(5)+TUR(4)+AZE(1)	10	12:42	13:12	13:12	13:42	13:42	14:02	14:02	14:32
UKR(5)+GBR(4)+SVK(1)	10	13:12	13:42	13:42	14:12	14:12	14:32	14:32	15:02

Wednesday, 22.05.2019. Senior

Nations (SNR)	Routines N°	Training Hall						Competition Hall	
		General Warm Up		Specific Warm Up		Specific Warm Up		Podium	
		(30 min)		Without Music (30min)		With Music (2min per routine)		(3 min per routine)	
FRA(4)+TUR(7)	11	14:18	14:48	14:48	15:18	15:18	15:40	15:40	16:13
ITA(8)+FIN (4)	12	14:49	15:19	15:19	15:49	15:49	16:13	16:13	16:49
POR (5)+UKR(7)	12	15:25	15:55	15:55	16:25	16:25	16:49	16:49	17:25
AZE (8) +GBR (3)	11	16:03	16:33	16:33	17:03	17:03	17:25	17:25	17:58
HUN(9)+SVK (2)	11	16:36	17:06	17:06	17:36	17:36	17:58	17:58	18:31
ROU(10)+GRE(1)	11	17:09	17:39	17:39	18:09	18:09	18:31	18:31	19:04
BLR(3)+GER (5)+MDA(2)	10	17:44	18:14	18:14	18:44	18:44	19:04	19:04	19:34
CZE(3)+ESP(8)	11	18:12	18:42	18:42	19:12	19:12	19:34	19:34	20:07
BUL(6)+LTU(3)	9	18:49	19:19	19:19	19:49	19:49	20:07	20:07	20:34
RUS(11)	11	19:12	19:42	19:42	20:12	20:12	20:34	20:34	21:07

Thursday, 23.05.2019. Junior

Nations (JUN)	Routines №	Training Hall						Competition Hall	
		General Warm Up		Specific Warm Up		Specific Warm Up		Podium	
		(30 min)		Without Music (30min)		With Music (2min per routine)		(3 min per routine)	
LTU (7) + GER (5)	12	08:06	08:36	08:36	09:06	09:06	09:30	09:30	10:06
POR(9)+MDA(3)	12	08:42	09:12	09:12	09:42	09:42	10:06	10:06	10:42
RUS (10)	10	09:22	09:52	09:52	10:22	10:22	10:42	10:42	11:12
GRE(5)+TUR(4)+AZE(1)	10	09:52	10:22	10:22	10:52	10:52	11:12	11:12	11:42
UKR(5)+GBR(4)+SVK(1)	10	10:22	10:52	10:52	11:22	11:22	11:42	11:42	12:12
HUN(8)+AUT (2)	10	10:52	11:22	11:22	11:52	11:52	12:12	12:12	12:42
ESP(8)+FRA(4)	12	11:18	11:48	11:48	12:18	12:18	12:42	12:42	13:18
ITA (9)+CZE(3)	12	11:54	12:24	12:24	12:54	12:54	13:18	13:18	13:54
ROU (9) +EST(3)	12	12:30	13:00	13:00	13:30	13:30	13:54	13:54	14:30
BUL (7) +FIN (5)	12	13:06	13:36	13:36	14:06	14:06	14:30	14:30	15:06

Thursday, 23.05.2019. Senior

Nations (SNR)	Routines №	Training Hall						Competition Hall	
		General Warm Up		Specific Warm Up		Specific Warm Up		Podium	
		(30 min)		Without Music (30min)		With Music (2min per routine)		(3 min per routine)	
HUN(9)+SVK (2)	11	14:18	14:48	14:48	15:18	15:18	15:40	15:40	16:13
ROU(10)+GRE(1)	11	14:51	15:21	15:21	15:51	15:51	16:13	16:13	16:46
BLR(3)+GER (5)+MDA(2)	10	15:26	15:56	15:56	16:26	16:26	16:46	16:46	17:16
CZE(3)+ESP(8)	11	15:54	16:24	16:24	16:54	16:54	17:16	17:16	17:49
BUL(6)+LTU(3)	9	16:31	17:01	17:01	17:31	17:31	17:49	17:49	18:16
RUS(11)	11	16:54	17:24	17:24	17:54	17:54	18:16	18:16	18:49
FRA(4)+TUR(7)	11	17:27	17:57	17:57	18:27	18:27	18:49	18:49	19:22
ITA(8)+FIN (4)	12	17:58	18:28	18:28	18:58	18:58	19:22	19:22	19:58
POR (5)+UKR(7)	12	18:34	19:04	19:04	19:34	19:34	19:58	19:58	20:34
AZE (8) +GBR (3)	11	19:12	19:42	19:42	20:12	20:12	20:34	20:34	21:07