

Horaires Echauffement – Compétition Régionale

1ERE ROTATION 10H15 – 12H

	GYMNASTE / Ensemble	CATEGORIE	Contrôle licence et Vestiaire 00:10	Echauffement corps 00:25	Contrôle engin 00:05	Echauffement engin 00:15	concentration 00:03	PASSAGE COMPET 00:02:30
1	CLUB GYMNIQUE LANNION – ensemble 1	Reg B Ens 10-11	09:17:00	09:27:00	09:52:00	09:57:00	10:12:00	10:15:00
2			09:19:30	09:29:30	09:54:30	09:59:30	10:14:30	10:17:30
3	SAINT MARTIN GR	Reg B Ens 10-11	09:22:00	09:32:00	09:57:00	10:02:00	10:17:00	10:20:00
4	Azeline MUTUALE ILUNGA	Reg B 12-13	09:24:30	09:34:30	09:59:30	10:04:30	10:19:30	10:22:30
5	ASS.GYM PLERINAISE	Reg B Ens 10-11	09:27:00	09:37:00	10:02:00	10:07:00	10:22:00	10:25:00
6	Charlotte ARNAC	Reg B 12-13	09:29:30	09:39:30	10:04:30	10:09:30	10:24:30	10:27:30
7	ARMOR GR	Reg B Ens 10-11	09:32:00	09:42:00	10:07:00	10:12:00	10:27:00	10:30:00
8	Asma EL AMALI	Reg B 12-13	09:34:30	09:44:30	10:09:30	10:14:30	10:29:30	10:32:30
9	ABERS GR	Reg B Ens 10-11	09:37:00	09:47:00	10:12:00	10:17:00	10:32:00	10:35:00
10	Pauline LEGANGNEUX	Reg B 12-13	09:39:30	09:49:30	10:14:30	10:19:30	10:34:30	10:37:30
11	CLUB GYMNIQUE LANNION – ensemble 2	Reg B Ens 10-11	09:42:00	09:52:00	10:17:00	10:22:00	10:37:00	10:40:00
12	Ilef SLAMA	Reg B 12-13	09:44:30	09:54:30	10:19:30	10:24:30	10:39:30	10:42:30
13	CERCLE PAUL BERT	Reg B Ens 10-11	09:47:00	09:57:00	10:22:00	10:27:00	10:42:00	10:45:00
14	Maelie BOUCHET DELORT	Reg B 12-13	09:49:30	09:59:30	10:24:30	10:29:30	10:44:30	10:47:30
15	GRS DU PONANT	Reg B Duo TC	09:52:00	10:02:00	10:27:00	10:32:00	10:47:00	10:50:00
16	Ciana ANDRO BABANGOU	Reg B 12-13	09:54:30	10:04:30	10:29:30	10:34:30	10:49:30	10:52:30
17	QUIMPER GR EN FINISTERE	Reg B Duo TC	09:57:00	10:07:00	10:32:00	10:37:00	10:52:00	10:55:00
18	Lisa PEIGNE	Reg B 10-11	09:59:30	10:09:30	10:34:30	10:39:30	10:54:30	10:57:30
19	LA BRETONNE GYMNIC CLUB – ensemble 2	Reg B Duo TC	10:02:00	10:12:00	10:37:00	10:42:00	10:57:00	11:00:00
20	Inès ETIENNE	Reg B 10-11	10:04:30	10:14:30	10:39:30	10:44:30	10:59:30	11:02:30
21	SAINT MARTIN GR	Reg B Duo TC	10:07:00	10:17:00	10:42:00	10:47:00	11:02:00	11:05:00
22	Mona OLLIVIER	Reg B 10-11	10:09:30	10:19:30	10:44:30	10:49:30	11:04:30	11:07:30
23	ABERS GR	Reg B Duo TC	10:12:00	10:22:00	10:47:00	10:52:00	11:07:00	11:10:00
24	Lucie LE COZ	Reg B 10-11	10:14:30	10:24:30	10:49:30	10:54:30	11:09:30	11:12:30
25	CLUB GYMNIQUE LANNION	Reg B Duo TC	10:17:00	10:27:00	10:52:00	10:57:00	11:12:00	11:15:00
26	Noélie KERLOC'H	Reg B 10-11	10:19:30	10:29:30	10:54:30	10:59:30	11:14:30	11:17:30
27	LA BRETONNE GYMNIC CLUB – ensemble 2	Reg B Duo TC	10:22:00	10:32:00	10:57:00	11:02:00	11:17:00	11:20:00
28	Lynae GAUTHIER	Reg B 10-11	10:24:30	10:34:30	10:59:30	11:04:30	11:19:30	11:22:30
29	STELLA MARIS GRS – ensemble 2	Reg B Duo TC	10:27:00	10:37:00	11:02:00	11:07:00	11:22:00	11:25:00
30	Alannah BOUTEMY	Reg B 10-11	10:29:30	10:39:30	11:04:30	11:09:30	11:24:30	11:27:30
31	STELLA MARIS GRS – ensemble 1	Reg B Duo TC	10:32:00	10:42:00	11:07:00	11:12:00	11:27:00	11:30:00
32	Alana MARCHAND	Reg B 10-11	10:34:30	10:44:30	11:09:30	11:14:30	11:29:30	11:32:30
33	CERCLE PAUL BERT	Reg B Duo 13-	10:37:00	10:47:00	11:12:00	11:17:00	11:32:00	11:35:00
34	Constance FOLLIAU	Reg B 10-11	10:39:30	10:49:30	11:14:30	11:19:30	11:34:30	11:37:30
35	GR BREIZH'ILLIENNE	Reg B Duo 13-	10:42:00	10:52:00	11:17:00	11:22:00	11:37:00	11:40:00
36	Elona CHENAIS	Reg B 10-11	10:44:30	10:54:30	11:19:30	11:24:30	11:39:30	11:42:30
37	SAINT MARTIN GR	Reg B Duo 13-	10:47:00	10:57:00	11:22:00	11:27:00	11:42:00	11:45:00
38	Maréva SALMON	Reg B 10-11	10:49:30	10:59:30	11:24:30	11:29:30	11:44:30	11:47:30
39	QUIMPER GR EN FINISTERE	Reg B Duo 13-	10:52:00	11:02:00	11:27:00	11:32:00	11:47:00	11:50:00
40			10:54:30	11:04:30	11:29:30	11:34:30	11:49:30	11:52:30
41	ASS.GYM PLERINAISE	Reg B Duo 13-	10:57:00	11:07:00	11:32:00	11:37:00	11:52:00	11:55:00

2EME ROTATION 12H20 – 13H30

	GYMNASTE / Ensemble	CATEGORIE	Contrôle licence et Vestiaire 00:10	Echauffement corps 00:25	Contrôle engin 00:05	Echauffement engin 00:15	concentration 00:03	PASSAGE COMPET 00:02:30
1	ABERS GR	Chall Reg Duo	11:22:00	11:32:00	11:57:00	12:02:00	12:17:00	12:20:00
2		Reg B 14-15	11:24:30	11:34:30	11:59:30	12:04:30	12:19:30	12:22:30
3	QUIMPER GR EN FINISTERE	Chall Reg Duo	11:27:00	11:37:00	12:02:00	12:07:00	12:22:00	12:25:00
4	Iarina CMECIU	Reg B Indiv 14-15	11:29:30	11:39:30	12:04:30	12:09:30	12:24:30	12:27:30
5	STELLA MARIS GRS	Reg B Ens 13-	11:32:00	11:42:00	12:07:00	12:12:00	12:27:00	12:30:00
6	Margaux TEILLET	Reg B Indiv 14-15	11:34:30	11:44:30	12:09:30	12:14:30	12:29:30	12:32:30
7	SAINT MARTIN GR – ensemble 1	Reg B Ens 13-	11:37:00	11:47:00	12:12:00	12:17:00	12:32:00	12:35:00
8	Leïa MICHON HIGUERAS	Reg B Indiv 16+	11:39:30	11:49:30	12:14:30	12:19:30	12:34:30	12:37:30
9	ASS.GYM PLERINAISE	Reg B Ens 13-	11:42:00	11:52:00	12:17:00	12:22:00	12:37:00	12:40:00

10	Ambre DE LA REBERDIERE	Reg B Indiv 16+	11:44:30	11:54:30	12:19:30	12:24:30	12:39:30	12:42:30
11	SAINT MARTIN GR – ensemble 2	Reg B Ens 13-	11:47:00	11:57:00	12:22:00	12:27:00	12:42:00	12:45:00
12	Jade LE BADEZET	Reg B Indiv 16+	11:49:30	11:59:30	12:24:30	12:29:30	12:44:30	12:47:30
13	QUIMPER GR EN FINISTERE	Reg B Ens 13-	11:52:00	12:02:00	12:27:00	12:32:00	12:47:00	12:50:00
14	Elea LE LANN	Reg B Indiv 16+	11:54:30	12:04:30	12:29:30	12:34:30	12:49:30	12:52:30
15	CERCLE PAUL BERT	Reg B Ens 13-	11:57:00	12:07:00	12:32:00	12:37:00	12:52:00	12:55:00
16	Enola HOUSSIN	Reg B Indiv 16+	11:59:30	12:09:30	12:34:30	12:39:30	12:54:30	12:57:30
17	GRS DU PONANT	Reg B Ens 13-	12:02:00	12:12:00	12:37:00	12:42:00	12:57:00	13:00:00
18	Marion LASBLEIZ	Reg B Indiv 16+	12:04:30	12:14:30	12:39:30	12:44:30	12:59:30	13:02:30
19	CLUB GYMNIQUE LANNION	Reg B Ens 13-	12:07:00	12:17:00	12:42:00	12:47:00	13:02:00	13:05:00
20	Elisa FORMAL	Reg B Indiv 16+	12:09:30	12:19:30	12:44:30	12:49:30	13:04:30	13:07:30
21	ABERS GR – ensemble 2	Reg B Ens 13-	12:12:00	12:22:00	12:47:00	12:52:00	13:07:00	13:10:00
22	Elisa CORRE	Chall Reg Indiv	12:14:30	12:24:30	12:49:30	12:54:30	13:09:30	13:12:30
23	ASS.GYM PLERINAISE	Reg B Ens 15-	12:17:00	12:27:00	12:52:00	12:57:00	13:12:00	13:15:00
24	Klara ROUDAUT	Chall Reg Indiv	12:19:30	12:29:30	12:54:30	12:59:30	13:14:30	13:17:30
25	ARMOR GR	Reg B Ens 15-	12:22:00	12:32:00	12:57:00	13:02:00	13:17:00	13:20:00
26	Léa EFFLAM	Chall Reg Indiv	12:24:30	12:34:30	12:59:30	13:04:30	13:19:30	13:22:30
27	SAINT MARTIN GR	Reg B Ens 15-	12:27:00	12:37:00	13:02:00	13:07:00	13:22:00	13:25:00
28								
29	STELLA MARIS GRS	Reg B Ens 15-	12:29:30	12:39:30	13:04:30	13:09:30	13:24:30	13:27:30

Horaires Echauffement - Etape Régionale Coupes Formations

	Contrôle licence et Vestiaire	Echauffement corpo & engin	Entrée plateau de compétition
	00:15:00	00:45	
CF2 & CF4	13:55:00	14:10:00	14:55:00
CF3	14:55:00	15:10:00	15:55:00