

# KJØREPLAN NM 2023 - LØRDAG 16. SEPTEMBER

**OBS! Kjøreplanen kan endres - sjekk regelmessig for oppdateringer. Sist oppdatert 15.09.2023 Kl.21:00**

**KLASSER MED 5 ELLER FÆRRE UTØVERE KAN BLI SAMMENSLÅTT**

**KLASSER MED 6/7 ELLER FÆRRE UTØVERE GÅR DIREKTE TIL FINALE**

**START 10:00**

Mens Physique Junior Åpen klasse - Round 2 - Final

Mens Physique Master Åpen klasse - Round 2 - Final

*Award Ceremony - Mens Physique Junior Åpen klasse*

*Award Ceremony - Mens Physique Master Åpen klasse*

Mens Physique -173 cm - Round 1

Mens Physique -173 cm - Round 2 - Final

Mens Physique -179 cm - Round 2 - Final

Mens Physique +179 cm - Round 2 - Final

*Award Ceremony - Mens Physique -173 cm*

*Award Ceremony - Mens Physique -179 cm*

*Award Ceremony - Mens Physique +179 cm*

Mens Physique Overall

*Award Ceremony – Mens Physique Overall*

Fit-Pairs - Round 2 Final

*Award Ceremony - Fit-Pairs*

Womens Wellness Fitness Åpen klasse - Round 2 Final

*Award Ceremony - Womens Wellness Fitness Åpen klasse*

**30 MIN PAUSE**

Mens Classic Bodybuilding Junior Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final

Mens Classic Bodybuilding Master Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final

*Award Ceremony - Mens Classic Bodybuilding Junior Åpen klasse*

*Award Ceremony - Mens Classic Bodybuilding Master Åpen klasse*

Mens Classic Bodybuilding -180 cm - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final

Mens Classic Bodybuilding +180 cm - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final

*Award Ceremony - Mens Classic Bodybuilding -180 cm*

*Award Ceremony - Mens Classic Bodybuilding +180 cm*

Mens Classic Bodybuilding Overall

*Award Ceremony - Mens Classic Bodybuilding Overall*

Womans BodyFitness Master Åpen klasse - Round 2 - Final

Womans BodyFitness -168 cm - Round 2 - Final

Womans BodyFitness +163 cm - Round 2 - Final

*Award Ceremony – Womens BodyFitness Master Åpen klasse*

*Award Ceremony – Womens BodyFitness -168 cm*

*Award Ceremony – Womens BodyFitness +163 cm*

Womans BodyFitness Overall

*Award Ceremony – Womens BodyFitness Overall*

**SLUTT DEL 1 - PAUSE 1 TIME**

**START 14:00**

Mens Bodybuilding Junior Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
Mens Bodybuilding Master Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
Mens Bodybuilding Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
<i>Award Ceremony - Mens Bodybuilding Junior Åpen klasse</i>
<i>Award Ceremony - Mens Bodybuilding Master Åpen klasse</i>
<i>Award Ceremony - Mens Bodybuilding Åpen klasse</i>
Womens Physique Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
<i>Award Ceremony - Womens Physique Åpen klasse</i>
Mens Classic Physique Junior Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
Mens Classic Physique Master Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
Mens Classic Physique Åpen klasse - Round 2 & 3 - Symmetry, Posedown & Posing routine - Final
<i>Award Ceremony - Mens Classic Physique Junior Åpen klasse</i>
<i>Award Ceremony - Mens Classic Physique Master Åpen klasse</i>
<i>Award Ceremony - Mens Classic Physique Åpen klasse</i>

### 30 MIN BREAK

Womens Bikini Fitness Junior Åpen klasse- Round 2 - Final
Womens Bikini Fitness Master Åpen klasse - Round 2 - Final
<i>Award ceremony - Bikini Fitness Junior Åpen klasse</i>
<i>Award ceremony - Bikini Fitness Master Åpen klasse</i>
Womens Bikini Fitness +166 cm - Round 1
Womens Bikini Fitness -162 cm - Round 2 - Final
Womens Bikini Fitness -166 cm - Round 2 - Final
Womens Bikini Fitness +166 cm - Round 2 - Final
<i>Award ceremony - Bikini Fitness -162 cm</i>
<i>Award ceremony - Bikini Fitness -166 cm</i>
<i>Award ceremony - Bikini Fitness +166 cm</i>
Women's Bikini Fitness Overall
<i>Award ceremony - Bikini Fitness Overall</i>

### SLUTT DEL 2