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January 4, 2020

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10:00	<i>Warming up , Dames</i>			
10:10	<i>Warming up , Heren</i>			
10:20	<i>Ice Res (Track)</i>			
10:30	Dames	555 m TT	Finale	1 - 9
10:50	Heren	555 m TT	Finale	10 - 17
11:08	<i>end</i>			