

Timetable

Streetlifting World Championship 2023

30.09. - 01.10.2023 | Die Krafthalle Cologne



Weight categories	weight-in time slots
female -57;-70;+70 male: -66;-94;+94	Friday 17:00 - 20:00 Saturday 07:00 - 07:30
female -63 male: -73;-80;-87	Saturday 20:00 - 21:00 Sunday 07:00 - 07:30

Time	Exercise	Category
8:00	Muscle up	female -70 and +70
8:40	Muscle up	male -66
9:25	Pull	female -70 and +70
9:55	Pull	male -66
10:40	Dip	female -70 and +70
11:10	Dip	male -66
11:55	Squat	female -70 and +70
12:25	Squat	male -66
13:00-14:00	Lunch break	
14:00	Muscle up	female -57
14:45	Muscle up	male -94
15:15	Muscle up	male +94
15:55	Pull	female -57
16:35	Pull	male -94
17:05	Pull	male +94

Time	Exercise	Category
17:45	Dip	female -57
18:25	Dip	male -94
18:55	Dip	male +94
19:35	Squat	female -57
20:10	Squat	male -94
20:40	Squat	male +94
21:30	Award Ceremony	

Time	Exercise	Category
8:00	Muscle up	female -63
8:40	Muscle up	male -73
9:25	Pull	female -63
9:55	Pull	male -73
10:45	Dip	female -63
11:15	Dip	male -73
12:00	Squat	female -63
12:30	Squat	male -73
till 14:00	Lunchbreak	
14:00	Muscle up	male -80
14:45	Muscle up	male -87
15:40	Pull	male -80
16:25	Pull	male -87
17:10	Dip	male -80
17:55	Dip	male -87
18:40	Squat	male -80
19:25	Squat	male -87
20:30	Award Ceremony	