



ICF STAND UP PADDLING WORLD CHAMPIONSHIPS 2021 BALATONFÜRED



TIMETABLE

DAY 1 - Thursday, September 9th

| | MORNING | | | | | | | | |
|----------------|----------|----------------|--------------|----------------|--------------|-------------------------------|-------------|---|--|
| TECNHICAL RACE | | | | | | | | | |
| | # | Time | Category | Gender | Distance | Phase | Progression | | |
| Race | 1 | 09:00 | Open | Women | 1000m | Heat 1 | | 1-5 to QF, rest out. | |
| Race | 2 | 09:08 | Open | Women | 1000m | Heat 2 | | 1-5 to QF, rest out. | |
| Race | 3 | 09:16 | Open | Women | 1000m | Heat 3 | | 1-5 to QF, rest out. | |
| Race | 4 | 09:24 | Open | Women | 1000m | Heat 4 | | 1-5 to QF, rest out. | |
| Race | 5 | 09:32 | Open | Women | 1000m | Heat 5 | | 1-5 to QF, rest out. | |
| Race | 6 | 09:40 | Open | Women | 1000m | Heat 6 | | 1-5 to QF, rest out. | |
| Race | 7 | 09:48 | Open | Men | 1000m | Heat 1 | | 1-4 to QF, rest out. | |
| Race | 8 | 09:56 | Open | Men | 1000m | Heat 2 | | 1-4 to QF, rest out. | |
| Race | 9 | 10:04 | Open | Men | 1000m | Heat 3 | | 1-4 to QF, rest out. | |
| Race | 10 | 10:12 | Open | Men | 1000m | Heat 4 | | 1-4 to QF, rest out. | |
| Race | 11 | 10:20 | Open | Men | 1000m | Heat 5 | | 1-4 to QF, rest out. | |
| Race | 12 | 10:28 | Open | Men | 1000m | Heat 6 | | 1-4 to QF, rest out. | |
| Race | 13 | 10:36 | Open | Men | 1000m | Heat 7 | | 1-4 to QF, rest out. | |
| Race | 14 | 10:44 | Open | Men | 1000m | Heat 8 | | 1-4 to QF, rest out. | |
| Race | 15 | 10:52 | Open | Men | 1000m | Heat 9 | | 1-4 to QF, rest out. | |
| Race | 16 | 11:00 | Open | Men | 1000m | Heat 10 | | 1-4 to QF, rest out. | |
| Race | 17 | 11:08 | Open | Men | 1000m | Heat 11 | | 1-4 to QF, rest out. | |
| Race | 18 | 11:16 | Open | Men | 1000m | Heat 12 | | 1-4 to QF, rest out. | |
| Race | 19 | 11:24 | Open | Men | 1000m | Heat 13 | | 1-4 to QF, rest out. | |
| _ | | | _ | | | | | | |
| Race | 20 | 11:40 | Open | Women | 1000m | Quarterfinal 1 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| Race | 21 | 11:48 | Open | Women | 1000m | Quarterfinal 2 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| Race | 22 | 11:56 | Open | Women | 1000m | Quarterfinal 3 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| Race | 23 | 12:04 | Open | Women | 1000m | Quarterfinal 4 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| Race | 24 | 12:12 | Open | Men | 1000m | Quarterfinal 1 | | 1-4 to SF, rest out. | |
| Race | 25 | 12:20 | Open | Men | 1000m | Quarterfinal 2 | | 1-4 to SF, rest out. | |
| Race | 26 | 12:28 | Open | Men | 1000m | Quarterfinal 3 | | 1-4 to SF, rest out. | |
| Race | 27 | 12:36 | Open | Men | 1000m | Quarterfinal 4 | | 1-4 to SF, rest out. | |
| Race | 28 | 12:44 | Open | Men | 1000m | Quarterfinal 5 | | 1-4 to SF, rest out. | |
| Race | 29 | 12:52 | Open | Men | 1000m | Quarterfinal 6 | | 1-4 to SF, rest out. | |
| Race | 30 | 13:00 | Open | Men | 1000m | Quarterfinal 7 | | 1-4 to SF, rest out. | |
| Race | 31 | 13:08 | Open | Men | 1000m | Quarterfinal 8 | | 1-4 to SF, rest out. | |
| | | | | | | AFTERNOON | | | |
| | | | | | | SPRINT | | | |
| | # | Time | Category | Gender | Distance | Phase | Progression | | |
| Race | 1 | 14:30 | Open | Women | 200m | Heat 1 | Fiogression | 1-6 to QF, rest out. | |
| _ | 2 | 14:34 | Open | Women | 200m | Heat 2 | | 1-6 to QF, rest out. | |
| Race Race | 3 | 14:34 | Open | Women | 200m | Heat 3 | | 1-6 to QF, rest out. | |
| Race | 4 | 14:30 | Open | Women | 200m | Heat 4 | | 1-6 to QF, rest out. | |
| Race | 5 | 14:42 | Open | Women | 200m | Heat 5 | | 1-6 to QF, rest out. | |
| Race | 6 | 14:50 | Open | Men | 200m | Heat 1 | | 1-5 to QF, rest out. | |
| Race | 7 | 14:54 | Open | Men | 200m | Heat 2 | | 1-5 to QF, rest out. | |
| Race | 8 | 14:54 | Open | Men | 200m | Heat 3 | | 1-5 to QF, rest out. | |
| Race | 9 | 15:02 | Open | Men | 200m | Heat 4 | | 1-5 to QF, rest out. | |
| Race | 10 | 15:02 | Open | Men | 200m | Heat 5 | | 1-5 to QF, rest out. | |
| Race | 11 | 15:10 | Open | Men | 200m | Heat 6 | | 1-5 to QF, rest out. | |
| Race | 12 | 15:14 | Open | Men | 200m | Heat 7 | | 1-5 to QF, rest out. | |
| Race | 13 | 15:14 | Open | Men | 200m | Heat 8 | | 1-5 to QF, rest out. | |
| Race | 14 | 15:10 | Open | Men | 200m | Heat 9 | | 1-5 to QF, rest out. | |
| Race | 15 | 15:26 | Open | Men | 200m | Heat 10 | | 1-5 to QF, rest out. | |
| Race | 16 | 15:30 | Open | Men | 200m | Heat 11 | | 1-5 to QF, rest out. | |
| Nace | 10 | 10.00 | Ореп | IVIGIT | 200111 | neat 11 | | 1 0 to Q1, 103t out. | |
| Race | 17 | 16:00 | Open | Women | 200m | Quarterfinal 1 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| Race | 18 | 16:04 | Open | Women | 200m | Quarterfinal 2 | | 1-4 to SF, 5-6 to Final C, rest out. | |
| 1,400 | .0 | 10.04 | • | ********** | | | | | |
| Race | 19 | 16·08 | Open | Women | 200m | Quarterfinal 3 | | 1-4 to SF, 5-6 to Final C, rest out | |
| Race Race | 19 20 | 16:08 16:12 | Open Open | Women Women | 200m 200m | Quarterfinal 3 Quarterfinal 4 | | 1-4 to SF, 5-6 to Final C, rest out. 1-4 to SF, 5-6 to Final C, rest out. | |

| Race | 21 | 16:16 | Open | Men | 200m | Quarterfinal 1 | 1-4 to SF, rest out. |
|------|----|-------|------|-----|------|----------------|----------------------|
| Race | 22 | 16:20 | Open | Men | 200m | Quarterfinal 2 | 1-4 to SF, rest out. |
| Race | 23 | 16:24 | Open | Men | 200m | Quarterfinal 3 | 1-4 to SF, rest out. |
| Race | 24 | 16:28 | Open | Men | 200m | Quarterfinal 4 | 1-4 to SF, rest out. |
| Race | 25 | 16:32 | Open | Men | 200m | Quarterfinal 5 | 1-4 to SF, rest out. |
| Race | 26 | 16:36 | Open | Men | 200m | Quarterfinal 6 | 1-4 to SF, rest out. |
| Race | 27 | 16:40 | Open | Men | 200m | Quarterfinal 7 | 1-4 to SF, rest out. |
| Race | 28 | 16:44 | Open | Men | 200m | Quarterfinal 8 | 1-4 to SF, rest out. |

DAY 2 - Friday, September 10th

MORNING

LONG DISTANCE

| | | | | | | LONG DISTANCE | |
|------|---|----------|--------|-------------|------|---------------|----------------|
| Race | 1 | 09:00:00 | Open | Men | 18km | | |
| Race | 2 | 09:00:00 | 40+ | Men | 18km | | |
| Race | 3 | 09:10:00 | Open | Women | 18km | | |
| Race | 4 | 09:10:00 | 40+ | Women | 18km | | |
| Race | 5 | 09:20:00 | Junior | Men | 10km | | |
| Race | 6 | 09:20:00 | 50+ | Men | 10km | | |
| Race | 7 | 09:20:00 | Junior | Women | 10km | | |
| Race | 8 | 09:20:00 | 50+ | Women | 10km | | |
| | | | | | | | |
| | | 12:00:00 | 50 + | men | | | Medal Ceremony |
| | | 12:06:00 | 50 + | women | | | Medal Ceremony |
| | | 12:12:00 | Junior | women | | | Medal Ceremony |
| | | 12:18:00 | Junior | men | | | Medal Ceremony |
| | | 12:24:00 | Junior | women Teams | | | Medal Ceremony |
| | | 12:30:00 | Junior | men Teams | | | Medal Ceremony |
| | | 12:36:00 | 40 + | men | | | Medal Ceremony |
| | | 12:42:00 | 40 + | women | | | Medal Ceremony |
| | | 12:48:00 | open | women Teams | | | Medal Ceremony |
| | | 12:54:00 | open | men Teams | | | Medal Ceremony |
| | | 13:00:00 | open | women | | | Medal Ceremony |
| | | 13:06:00 | open | men | | | Medal Ceremony |
| | | | | | | | |

| | SPRINT | | | | | | | | |
|------|--------|-------|------------|--------|----------|----------------|--------------------------------------|--|--|
| | # | Time | Category | Gender | Distance | Phase | Progression | | |
| Race | 29 | 14:00 | Master 50+ | Men | 200m | Heat 1 | 1-6 to QF, rest out. | | |
| Race | 30 | 14:04 | Master 50+ | Men | 200m | Heat 2 | 1-6 to QF, rest out. | | |
| Race | 31 | 14:08 | Master 50+ | Men | 200m | Heat 3 | 1-6 to QF, rest out. | | |
| Race | 32 | 14:12 | Master 50+ | Men | 200m | Heat 4 | 1-6 to QF, rest out. | | |
| Race | 33 | 14:16 | Master 50+ | Men | 200m | Heat 5 | 1-6 to QF, rest out. | | |
| Race | 34 | 14:20 | Master 40+ | Men | 200m | Heat 1 | 1-4 to QF, rest out. | | |
| Race | 35 | 14:24 | Master 40+ | Men | 200m | Heat 2 | 1-4 to QF, rest out. | | |
| Race | 36 | 14:28 | Master 40+ | Men | 200m | Heat 3 | 1-4 to QF, rest out. | | |
| Race | 37 | 14:32 | Master 40+ | Men | 200m | Heat 4 | 1-4 to QF, rest out. | | |
| Race | 38 | 14:36 | Master 40+ | Men | 200m | Heat 5 | 1-4 to QF, rest out. | | |
| Race | 39 | 14:40 | Master 40+ | Men | 200m | Heat 6 | 1-4 to QF, rest out. | | |
| Race | 40 | 14:44 | Master 40+ | Men | 200m | Heat 7 | 1-4 to QF, rest out. | | |
| Race | 41 | 14:48 | Junior | Men | 200m | Heat 1 | 1-6 to QF, rest out. | | |
| Race | 42 | 14:52 | Junior | Men | 200m | Heat 2 | 1-6 to QF, rest out. | | |
| Race | 43 | 14:56 | Junior | Men | 200m | Heat 3 | 1-6 to QF, rest out. | | |
| Race | 44 | 15:00 | Junior | Men | 200m | Heat 4 | 1-6 to QF, rest out. | | |
| Race | 45 | 15:04 | Junior | Men | 200m | Heat 5 | 1-6 to QF, rest out. | | |
| Race | 46 | 15:08 | Master 50+ | Women | 200m | Heat 1 | 1-2 to Final A, 3-6 to SF, rest out. | | |
| Race | 47 | 15:12 | Master 50+ | Women | 200m | Heat 2 | 1-2 to Final A, 3-6 to SF, rest out. | | |
| Race | 48 | 15:16 | Master 40+ | Women | 200m | Heat 1 | 1-2 to Final A, 3-6 to SF, rest out. | | |
| Race | 49 | 15:20 | Master 40+ | Women | 200m | Heat 2 | 1-2 to Final A, 3-6 to SF, rest out. | | |
| Race | 50 | 15:24 | Junior | Women | 200m | Heat 1 | 1-5 to SF, rest out. | | |
| Race | 51 | 15:28 | Junior | Women | 200m | Heat 2 | 1-5 to SF, rest out. | | |
| Race | 52 | 15:32 | Junior | Women | 200m | Heat 3 | 1-5 to SF, rest out. | | |
| Race | 53 | 15:50 | Master 50+ | Men | 200m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 54 | 15:54 | Master 50+ | Men | 200m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 55 | 15:58 | Master 50+ | Men | 200m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 56 | 16:02 | Master 50+ | Men | 200m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 57 | 16:06 | Master 40+ | Men | 200m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 58 | 16:10 | Master 40+ | Men | 200m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 59 | 16:14 | Master 40+ | Men | 200m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 60 | 16:18 | Master 40+ | Men | 200m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 61 | 16:22 | Junior | Men | 200m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| Race | 62 | 16:26 | Junior | Men | 200m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. | | |
| | | | | | | | | | |

AFTERNOON

| Race | 63 | 16:30 | Junior | Men | 200m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. |
|------|----|-------|------------|-------|------|----------------|---|
| Race | 64 | 16:34 | Junior | Men | 200m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 65 | 17:00 | Open | Women | 200m | Semifinal 1 | 1-4 to Final A, rest to Final B. |
| Race | 66 | 17:05 | Open | Women | 200m | Semifinal 2 | 1-4 to Final A, rest to Final B. |
| Race | 67 | 17:10 | Open | Men | 200m | Semifinal 1 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. |
| Race | 68 | 17:15 | Open | Men | 200m | Semifinal 2 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. |
| Race | 69 | 17:20 | Open | Men | 200m | Semifinal 3 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. |
| Race | 70 | 17:25 | Open | Men | 200m | Semifinal 4 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. |
| Race | 71 | 17:30 | Master 50+ | Women | 200m | Semifinal 1 | 1-4 to Final A, rest out. |
| Race | 72 | 17:35 | Master 40+ | Women | 200m | Semifinal 1 | 1-4 to Final A, rest out. |
| Race | 73 | 17:40 | Junior | Women | 200m | Semifinal 1 | 1-4 to Final A, rest out. |
| Race | 74 | 17:45 | Junior | Women | 200m | Semifinal 2 | 1-4 to Final A, rest out. |
| Race | 75 | 17:50 | Master 50+ | Men | 200m | Semifinal 1 | 1-4 to Final A, rest to Final B. |
| Race | 76 | 17:55 | Master 50+ | Men | 200m | Semifinal 2 | 1-4 to Final A, rest to Final B. |
| Race | 77 | 18:00 | Master 40+ | Men | 200m | Semifinal 1 | 1-4 to Final A, rest to Final B. |
| Race | 78 | 18:05 | Master 40+ | Men | 200m | Semifinal 2 | 1-4 to Final A, rest to Final B. |
| Race | 79 | 18:10 | Junior | Men | 200m | Semifinal 1 | 1-4 to Final A, rest to Final B. |
| Race | 80 | 18:15 | Junior | Men | 200m | Semifinal 2 | 1-4 to Final A, rest to Final B. |

DAY 3 - Saturday, September 11th

| | MORNING | | | | | | | | | |
|------|---------|-------|-------------|--------|----------|----------|-------------|----------------|--|--|
| | | | | | | SPRINT | | | | |
| | # | Time | Category | Gender | Distance | Phase | Progression | | | |
| Race | 81 | 09:00 | Master 50+ | Men | 200m | Final C | | | | |
| Race | 82 | 09:07 | Master 50+ | Men | 200m | Final B | | | | |
| Race | 83 | 09:14 | Master 40+ | Men | 200m | Final C | | | | |
| Race | 84 | 09:21 | Master 40+ | Men | 200m | Final B | | | | |
| Race | 85 | 09:28 | Junior | Men | 200m | Final C | | | | |
| Race | 86 | 09:35 | Junior | Men | 200m | Final B | | | | |
| Race | 87 | 10:04 | Master 50+ | Women | 200m | Final A | | | | |
| Race | 88 | 10:12 | Master 50+ | Men | 200m | Final A | | | | |
| Race | 89 | 10:20 | Master 40+ | Women | 200m | Final A | | | | |
| | | 10:25 | Master 50 + | Women | 200m | | | Medal Ceremony | | |
| Race | 90 | 10:33 | Master 40+ | Men | 200m | Final A | | | | |
| Race | 91 | 10:41 | Junior | Women | 200m | Final A | | | | |
| Race | 92 | 10:49 | Junior | Men | 200m | Final A | | | | |
| | | 10:54 | Master 50 + | Men | 200m | | | Medal Ceremony | | |
| Race | 93 | 11:02 | Open | Women | 200m | Final C | | | | |
| Race | 94 | 11:08 | Open | Women | 200m | Final B | | | | |
| | | 11:13 | Master 40+ | Women | 200m | | | Medal Ceremony | | |
| Race | 95 | 11:21 | Open | Women | 200m | Final A | | | | |
| Race | 96 | 11:29 | Open | Men | 200m | Final C | | | | |
| | | 11:34 | Open | Women | 200m | | | Medal Ceremony | | |
| Race | 97 | 11:42 | Open | Men | 200m | Final B | | | | |
| Race | 98 | 11:48 | Open | Men | 200m | Final A | | | | |
| | | 11:53 | Open | Men | 200m | | | Medal Ceremony | | |
| | | 12:00 | Master 40+ | Men | 200m | | | Medal Ceremony | | |
| | | 12:06 | Junior | Women | 200m | | | Medal Ceremony | | |
| | | 12:12 | Junior | Men | 200m | | | Medal Ceremony | | |
| | | | | | | | | | | |
| | | | | | | AFTERNOO | N | | | |
| | | | | | | | | | | |

| | INFLATABLE | | | | | | | | | |
|------|------------|----------------------|--------------|--------------|------------|-------------|-------------|----------------------------------|--|--|
| | # | Time | Category | Gender | Distance | Phase | Progression | | | |
| Race | 1 | 12:30:00 | Open | Men | 7km | | | | | |
| Race | 2 | 12:35:00 | Open | Women | 7km | | | | | |
| | | 14:30:00 14:36:00 | Open Open | Men Women | 7km 7km | | | Medal Ceremony Medal Ceremony | | |
| | | | | | 1 | TECNHICAL I | RACE | | | |
| Race | 32 | 14:40 | Master 50+ | Men | 1000m | Heat 1 | | 1-6 to QF, rest out. | | |
| Race | 33 | 14:48 | Master 50+ | Men | 1000m | Heat 2 | | 1-6 to QF, rest out. | | |
| Race | 34 | 14:56 | Master 50+ | Men | 1000m | Heat 3 | | 1-6 to QF, rest out. | | |
| Race | 35 | 15:04 | Master 50+ | Men | 1000m | Heat 4 | | 1-6 to QF, rest out. | | |
| Race | 36 | 15:12 | Master 50+ | Men | 1000m | Heat 5 | | 1-6 to QF, rest out. | | |
| Race | 37 | 15:20 | Master 40+ | Men | 1000m | Heat 1 | | 1-4 to QF, rest out. | | |
| Race | 38 | 15:28 | Master 40+ | Men | 1000m | Heat 2 | | 1-4 to QF, rest out. | | |

| Race | 39 | 15:36 | Master 40+ | Men | 1000m | Heat 3 | 1-4 to QF, rest out. |
|------|----|-------|------------|-------|-------|----------------|--------------------------------------|
| Race | 40 | 15:44 | Master 40+ | Men | 1000m | Heat 4 | 1-4 to QF, rest out. |
| Race | 41 | 15:52 | Master 40+ | Men | 1000m | Heat 5 | 1-4 to QF, rest out. |
| Race | 42 | 16:00 | Master 40+ | Men | 1000m | Heat 6 | 1-4 to QF, rest out. |
| Race | 43 | 16:08 | Master 40+ | Men | 1000m | Heat 7 | 1-4 to QF, rest out. |
| Race | 44 | 16:16 | Junior | Men | 1000m | Heat 1 | 1-6 to QF, rest out. |
| Race | 45 | 16:24 | Junior | Men | 1000m | Heat 2 | 1-6 to QF, rest out. |
| Race | 46 | 16:32 | Junior | Men | 1000m | Heat 3 | 1-6 to QF, rest out. |
| Race | 47 | 16:40 | Junior | Men | 1000m | Heat 4 | 1-6 to QF, rest out. |
| Race | 48 | 16:48 | Junior | Men | 1000m | Heat 5 | 1-6 to QF, rest out. |
| Race | 49 | 16:56 | Master 50+ | Women | 1000m | Heat 1 | 1-2 to Final A, 3-6 to SF, rest out. |
| Race | 50 | 17:04 | Master 50+ | Women | 1000m | Heat 2 | 1-2 to Final A, 3-6 to SF, rest out. |
| Race | 51 | 17:12 | Master 40+ | Women | 1000m | Heat 1 | 1-2 to Final A, 3-6 to SF, rest out. |
| Race | 52 | 17:20 | Master 40+ | Women | 1000m | Heat 2 | 1-2 to Final A, 3-6 to SF, rest out. |
| | | | | | | | |
| Race | 53 | 17:28 | Junior | Women | 1000m | Heat 1 | 1-5 to SF, rest out. |
| Race | 54 | 17:36 | Junior | Women | 1000m | Heat 2 | 1-5 to SF, rest out. |
| Race | 55 | 17:44 | Junior | Women | 1000m | Heat 3 | 1-5 to SF, rest out. |
| | | | | | | | |
| Race | 56 | 17:52 | Master 50+ | Men | 1000m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 57 | 18:00 | Master 50+ | Men | 1000m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 58 | 18:08 | Master 50+ | Men | 1000m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 59 | 18:16 | Master 50+ | Men | 1000m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 60 | 18:24 | Master 40+ | Men | 1000m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 61 | 18:32 | Master 40+ | Men | 1000m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 62 | 18:40 | Master 40+ | Men | 1000m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 63 | 18:48 | Master 40+ | Men | 1000m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 64 | 18:56 | Junior | Men | 1000m | Quarterfinal 1 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 65 | 19:04 | Junior | Men | 1000m | Quarterfinal 2 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 66 | 19:12 | Junior | Men | 1000m | Quarterfinal 3 | 1-4 to SF, 5-6 to Final C, rest out. |
| Race | 67 | 19:20 | Junior | Men | 1000m | Quarterfinal 4 | 1-4 to SF, 5-6 to Final C, rest out. |
| | | | | | | | |

DAY 4 - SUNDAY, September 12th

| | MORNING | | | | | | | | | | | |
|------|----------------|-------|------------|--------|----------|-------------|---|--|--|--|--|--|
| | TECNHICAL RACE | | | | | | | | | | | |
| _ | # | Time | Category | Gender | Distance | Phase | Progression | | | | | |
| Race | 68 | 09:00 | Master 50+ | Men | 1000m | Semifinal 1 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 69 | 09:08 | Master 50+ | Men | 1000m | Semifinal 2 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 70 | 09:16 | Master 40+ | Men | 1000m | Semifinal 1 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 71 | 09:24 | Master 40+ | Men | 1000m | Semifinal 2 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 72 | 09:32 | Junior | Men | 1000m | Semifinal 1 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 73 | 09:40 | Junior | Men | 1000m | Semifinal 2 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 74 | 09:48 | Open | Women | 1000m | Semifinal 1 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 75 | 09:56 | Open | Women | 1000m | Semifinal 2 | 1-4 to Final A, rest to Final B. | | | | | |
| Race | 76 | 10:04 | Open | Men | 1000m | Semifinal 1 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. | | | | | |
| Race | 77 | 10:12 | Open | Men | 1000m | Semifinal 2 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. | | | | | |
| Race | 78 | 10:20 | Open | Men | 1000m | Semifinal 3 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. | | | | | |
| Race | 79 | 10:28 | Open | Men | 1000m | Semifinal 4 | 1-2 to Final A, 3-4 to Final B, 5-6 to Final C, rest out. | | | | | |
| Race | 80 | 10:36 | Master 50+ | Women | 1000m | Semifinal 1 | 1-4 to Final A, rest out. | | | | | |
| Race | 81 | 10:44 | Master 40+ | Women | 1000m | Semifinal 1 | 1-4 to Final A, rest out. | | | | | |
| Race | 82 | 10:52 | Junior | Women | 1000m | Semifinal 1 | 1-4 to Final A, rest out. | | | | | |
| Race | 83 | 11:00 | Junior | Women | 1000m | Semifinal 2 | 1-4 to Final A, rest out. | | | | | |
| Race | 84 | 11:08 | Master 50+ | Men | 1000m | Final C | | | | | | |
| Race | 85 | 11:16 | Master 50+ | Men | 1000m | Final B | | | | | | |
| Race | 86 | 11:24 | Master 40+ | Men | 1000m | Final C | | | | | | |
| Race | 87 | 11:32 | Master 40+ | Men | 1000m | Final B | | | | | | |
| Race | 88 | 11:40 | Junior | Men | 1000m | Final C | | | | | | |
| Race | 89 | 11:48 | Junior | Men | 1000m | Final B | | | | | | |
| Race | 90 | 11:56 | Open | Women | 1000m | Final C | | | | | | |
| Race | 91 | 12:04 | Open | Men | 1000m | Final C | | | | | | |
| | | | | | | | | | | | | |
| Race | 92 | 13:03 | Master 50+ | Women | 1000m | Final A | | | | | | |
| Race | 93 | 13:13 | Master 50+ | Men | 1000m | Final A | | | | | | |
| Race | 94 | 13:23 | Master 40+ | Women | 1000m | Final A | | | | | | |
| Race | 95 | 13:33 | Master 40+ | Men | 1000m | Final A | | | | | | |
| Race | 96 | 13:45 | Junior | Women | 1000m | Final A | | | | | | |
| Race | 97 | 14:03 | Junior | Men | 1000m | Final A | | | | | | |
| Race | 98 | 14:15 | Open | Women | 1000m | Final B | | | | | | |
| Race | 99 | 14:24 | Open | Women | 1000m | Final A | | | | | | |
| Race | 100 | 14:42 | Open | Men | 1000m | Final B | | | | | | |
| Race | 101 | 14:51 | Open | Men | 1000m | Final A | | | | | | |
| | | | • | | | | | | | | | |

| 15:00:00 | 40 + | women | 1000m | | Medals |
|----------|--------|-------|-------|------|--------|
| 15:06:00 | 40 + | men | 1000m | | Medals |
| 15:12:00 | Junior | women | 1000m | | Medals |
| 15:18:00 | Junior | men | 1000m | | Medals |
| 15:24:00 | open | women | 1000m | | Medals |
| 15:30:00 | open | men | 1000m | | Medals |
| 15:36:00 | Junior | women | 1000m | Team | Medals |
| 15:42:00 | Junior | men | 1000m | Team | Medals |
| 15:48:00 | open | women | 1000m | Team | Medals |
| 15:54:00 | open | men | 1000m | Team | Medals |