

TIDSPLAN NM VIND - 2023

| | Start | Interval min:sec |
|---------------------------|--------------|-----------------------------|
| TORSDAG 19. januar | | |
| Kvinner Prolog Sprint (F) | 10:00:15 | 00:15 |
| Menn Prolog Sprint (F) | 10:26:15 | 00:15 |
| | | |
| | | |
| Q1 - Kvinner | 12:30:00 | 05:00 |
| Q2 - Kvinner | 12:35:00 | 05:00 |
| Q3 - Kvinner | 12:40:00 | 05:00 |
| Q4 - Kvinner | 12:45:00 | 05:00 |
| Q5 - Kvinner | 12:50:00 | 05:00 |
| | | |
| Q1 - Menn | 12:55:00 | 05:00 |
| Q2 - Menn | 13:00:00 | 05:00 |
| Q3 - Menn | 13:05:00 | 05:00 |
| Q4 - Menn | 13:10:00 | 05:00 |
| Q5 - Menn | 13:15:00 | 05:00 |
| | | |
| Semi final1 - Kvinner | 13:20:00 | 05:00 |
| Semi final2 - Kvinner | 13:25:00 | 05:00 |
| | | |
| Semi final1 - Menn | 13:35:00 | 20:00 |
| Semi final2 - Menn | 13:40:00 | 05:00 |
| | | |
| Final - Kvinner | 13:47:00 | 22:00 |
| Final - Menn | 14:00:00 | 20:00 |