ISU GP Rostelecom Cup 2019 - Pairs
Planned Program Content - Checklist

As of : 14.11.2019 09:11

Miriam ZIEGLER / Severin KIEFER AUT

SP/RD		Remarks
1	3Tw Triple Twist Lift	
2	3S Triple Salchow	
3	FCCoSp Fly. Change Foot Combination Spin	
4	3FTh Throw Triple Flip	
5	StSq Step Sequence	
6	BiDs Backward Inside Death Spiral	
7	5ALi Group 5 Axel Lasso Lift	
8		
9		
10		

FS/FD		Remarks
1	3Tw Triple Twist Lift	
2	3T+2T+2T Triple Toeloop + Double Toeloop + Double Toeloop	
3	3S Triple Salchow	
4	5RLi Group 5 Reverse Lasso Lift	
5	3FTh Throw Triple Flip	
6	BoDs Backward Outside Death Spiral	
7	PCoSp Pair Combination Spin	
8	5ALi Group 5 Axel Lasso Lift	
9	ChSq Choreo Sequence	
10	3STh Throw Triple Salchow	
11	3Li Group 3 Lift	
12		
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ISU GP Rostelecom Cup 2019 - Pairs
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As of : 14.11.2019 09:11

Evelyn WALSH / Trennt MICHAUD CAN

SP/RD		Remarks
1 3Tw	Triple Twist Lift	
2 3T	Triple Toeloop	
3 5ALi	Group 5 Axel Lasso Lift	
4 3LoTh	Throw Triple Loop	
5 BiDs	Backward Inside Death Spiral	
6 StSq	Step Sequence	
7 CCoSp	Change Foot Combination Spin	
8		
9		
10		

FS/FD		Remarks
1 BoDs	Backward Outside Death Spiral	
2 3Tw	Triple Twist Lift	
3 3T+2T+2T	Triple Toeloop + Double Toeloop + Double Toeloop	
4 3S	Triple Salchow	
5 5ALi	Group 5 Axel Lasso Lift	
6 3LoTh	Throw Triple Loop	
7 ChSq	Choreo Sequence	
8 5SLi	Group 5 Step in Lasso Lift	
9 3TTh	Throw Triple Toeloop	
10 3Li	Group 3 Lift	
11 PCoSp	Pair Combination Spin	
12		
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16		
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ISU GP Rostelecom Cup 2019 - Pairs

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As of : 14.11.2019 09:11

Minerva Fabienne HASE / Nolan SEEGERT GER

SP/RD		Remarks
1 3Tw	Triple Twist Lift	
2 3T	Triple Toeloop	
3 BiDs	Backward Inside Death Spiral	
4 5RLi	Group 5 Reverse Lasso Lift	
5 3STh	Throw Triple Salchow	
6 StSq	Step Sequence	
7 CCoSp	Change Foot Combination Spin	
8		
9		
10		

FS/FD		Remarks
1 3Tw	Triple Twist Lift	
2 3T+2T+2T	Triple Toeloop + Double Toeloop + Double Toeloop	
3 3S	Triple Salchow	
4 5TLi	Group 5 Toe Lasso Lift	
5 5RLi	Group 5 Reverse Lasso Lift	
6 3LoTh	Throw Triple Loop	
7 PCoSp	Pair Combination Spin	
8 3Li	Group 3 Lift	
9 3STh	Throw Triple Salchow	
10 ChSq	Choreo Sequence	
11 FiDs	Forward Inside Death Spiral	
12		
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ISU GP Rostelecom Cup 2019 - Pairs

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As of : 14.11.2019 09:11

Rebecca GHILARDI / Filippo AMBROSINI ITA

SP/RD		Remarks
1 3Tw	Triple Twist Lift	
2 3S	Triple Salchow	
3 5ALi	Group 5 Axel Lasso Lift	
4 3FTh	Throw Triple Flip	
5 BiDs	Backward Inside Death Spiral	
6 StSq	Step Sequence	
7 CCoSp	Change Foot Combination Spin	
8		
9		
10		

FS/FD		Remarks
1 3Tw	Triple Twist Lift	
2 3S	Triple Salchow	
3 5RLi	Group 5 Reverse Lasso Lift	
4 3LoTh	Throw Triple Loop	
5 PCoSp	Pair Combination Spin	
6 3FTh	Throw Triple Flip	
7 ChSq	Choreo Sequence	
8 2A+2T	Double Axel + Double Toeloop	
9 5ALi	Group 5 Axel Lasso Lift	
10 3Li	Group 3 Lift	
11 FiDs	Forward Inside Death Spiral	
12		
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As of : 14.11.2019 09:11

Aleksandra BOIKOVA / Dmitrii KOZLOVSKII RUS

SP/RD		Remarks
1 3S	Triple Salchow	
2 3Tw	Triple Twist Lift	
3 3FTh	Throw Triple Flip	
4 BiDs	Backward Inside Death Spiral	
5 5RLi	Group 5 Reverse Lasso Lift	
6 StSq	Step Sequence	
7 FCCoSp	Fly. Change Foot Combination Spin	
8		
9		
10		

FS/FD		Remarks
1 3S	Triple Salchow	
2 3T+2T+2T	Triple Toeloop + Double Toeloop + Double Toeloop	
3 3Tw	Triple Twist Lift	
4 4Li	Group 4 Lift	
5 3FTh	Throw Triple Flip	
6 BoDs	Backward Outside Death Spiral	
7 ChSq	Choreo Sequence	
8 3LoTh	Throw Triple Loop	
9 5ALi	Group 5 Axel Lasso Lift	
10 5RLi	Group 5 Reverse Lasso Lift	
11 PCoSp	Pair Combination Spin	
12		
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16		
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As of : 14.11.2019 09:11

Ksenia STOLBOVA / Andrei NOVOSELOV RUS

SP/RD		Remarks
1 3Tw	Triple Twist Lift	
2 3T	Triple Toeloop	
3 3FTh	Throw Triple Flip	
4 5RLi	Group 5 Reverse Lasso Lift	
5 BiDs	Backward Inside Death Spiral	
6 FCCoSp	Fly. Change Foot Combination Spin	
7 StSq	Step Sequence	
8		
9		
10		

FS/FD		Remarks
1 3Tw	Triple Twist Lift	
2 3T+2T+2T	Triple Toeloop + Double Toeloop + Double Toeloop	
3 3S	Triple Salchow	
4 3Li	Group 3 Lift	
5 FoDs	Forward Outside Death Spiral	
6 3FTh	Throw Triple Flip	
7 ChSq	Choreo Sequence	
8 3STh	Throw Triple Salchow	
9 5RLi	Group 5 Reverse Lasso Lift	
10 5ALi	Group 5 Axel Lasso Lift	
11 PCoSp	Pair Combination Spin	
12		
13		
14		
15		
16		
17		

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As of : 14.11.2019 09:11

Evgenia TARASOVA / Vladimir MOROZOV RUS

SP/RD		Remarks
1	3Tw Triple Twist Lift	
2	3T Triple Toeloop	
3	3LoTh Throw Triple Loop	
4	BiDs Backward Inside Death Spiral	
5	CCoSp Change Foot Combination Spin	
6	StSq Step Sequence	
7	5RLi Group 5 Reverse Lasso Lift	
8		
9		
10		

FS/FD		Remarks
1	3Tw Triple Twist Lift	
2	3S Triple Salchow	
3	3T+2T+2T Triple Toeloop + Double Toeloop + Double Toeloop	
4	3LoTh Throw Triple Loop	
5	5RLi Group 5 Reverse Lasso Lift	
6	ChSq Choreo Sequence	
7	3STh Throw Triple Salchow	
8	BoDs Backward Outside Death Spiral	
9	PCoSp Pair Combination Spin	
10	5ALi Group 5 Axel Lasso Lift	
11	3Li Group 3 Lift	
12		
13		
14		
15		
16		
17		

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As of : 14.11.2019 09:11

Audrey LU / Misha MITROFANOV USA

SP/RD		Remarks
1 3Tw	Triple Twist Lift	
2 3S	Triple Salchow	
3 5RLi	Group 5 Reverse Lasso Lift	
4 3LoTh	Throw Triple Loop	
5 BiDs	Backward Inside Death Spiral	
6 StSq	Step Sequence	
7 CCoSp	Change Foot Combination Spin	
8		
9		
10		

FS/FD		Remarks
1 3Tw	Triple Twist Lift	
2 3S+1Eu+3S	Triple Salchow + Single Euler + Triple Salchow	
3 3FTh	Throw Triple Flip	
4 5RLi	Group 5 Reverse Lasso Lift	
5 3T	Triple Toeloop	
6 3LoTh	Throw Triple Loop	
7 4Li	Group 4 Lift	
8 PCoSp	Pair Combination Spin	
9 5SLi	Group 5 Step in Lasso Lift	
10 ChSq	Choreo Sequence	
11 FiDs	Forward Inside Death Spiral	
12		
13		
14		
15		
16		
17		