

Trening Ankerskogen flex start → Langfredag

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| | | | 16 - 11:00 |
| | | | Mathias Bergum |
| | | | Morten Strypet |
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|--|--------------------------|----------------------|-------------------|
| | 18 - 11:24 | 19 - 11:36 | 20 - 11:48 |
| | Kenneth Bruvang Andresen | Øyvind Laupsa Nilsen | Kasper Skovly |
| | Daniel Vermund | Even Edvartsen | |
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|-------------------|-------------------|------------------------|--|
| 21 - 12:00 | 22 - 12:12 | 23 - 12:24 | |
| Thorbjørn Viberg | Jim Stian Hansen | Magne Nordlien | |
| Pål Andreassen | Ronny Evensen | Joakim Brenne Karlsson | |
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|--|-------------------|----------------------|-------------------|
| | 26 - 13:00 | 27 - 13:12 | 28 - 13:24 |
| | Jens Ottinsen | Tom Erik Kristiansen | Petter Fjæstad |
| | Øyvind V. Heiberg | Magnus Smedby | daniel rønning |
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|--|-------------------|-------------------|---------------------------|
| | 30 - 13:48 | 31 - 14:00 | 32 - 14:12 |
| | Magnus Midtlien | mattis løken | Tor-Olav Pedersen Tollnes |
| | Ove Johannessen | Anders Gulliksen | Bjørn-Erik Hansen |
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| | 34 - 14:36 | | 36 - 15:00 |
| | BERNT WETTEN | | Lars-Ole Sørlunden |
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| 37 - 15:12 | | 39 - 15:36 | 40 - 15:48 |
| Sverre Bang Støeng | | Emil Rønningen | Evald Sandermoen Øwre |
| | | Even Rønningen | Torjus Sandermoen Øwre |
| | | | Tore Huuse Øwre |

| 41 - 16:00 | | 44 - 16:36 | |
|----------------------------|--|------------|----------------------|
| Karl Petter Rønningen | | | Niklas Krokstad |
| Patrich Stenberg-Lierhagen | | | ole marius birkelund |
| | | | Odin Thune Brønstad |

| | 46 - 17:00 | 47 - 17:12 | 48 - 17:24 |
|--|-----------------|-----------------------------------|------------------------|
| | Tobias Brustad | Donavan Miloss | Ronny Myhrhaug |
| | Herman Huuse | Joakim Trontveit | Jan Martin Thorstensen |
| | magnus sjølstad | Håkon Mathias Løvenskiold Kveseth | |

| 49 - 17:36 | | 51 - 18:00 | |
|------------------------|--|----------------|--|
| Bjørn Andreas Laugerud | | Sander Paulsen | |
| | | Vegard Paulsen | |
| | | Terje Strand | |

| | | 55 - 18:48 | |
|--|--|------------------|--|
| | | Kim Andre Brevik | |
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| | | | 60 - 19:48 |
|--|--|--|----------------|
| | | | petter aalstad |
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