

# Trening Ankerskogen flex start → Søndag 26.



		<b>11 - 10:00</b>	
		Morten Strypet	
		Skjalg Lidsheim	

		<b>15 - 10:48</b>	<b>16 - 11:00</b>
		Thomas Stavnem	Thor Håkon Hansen
			Ronny Sande
			Carl Phillips

	<b>18 - 11:24</b>		<b>20 - 11:48</b>
	Thorbjørn Viberg		Thomas Finberg
			Karl Petter Rønningen
			Patrich Stenberg-Lierhagen

<b>21 - 12:00</b>	<b>22 - 12:12</b>		
Embret Mykleset	Hans Jørgen Berg		
Einar Mykleset	Isak Hansen		

<b>25 - 12:48</b>			
Mads hulleberg			
Jon Bredrup			
sondre solbakken			

<b>29 - 13:36</b>	<b>30 - 13:48</b>		<b>32 - 14:12</b>
mikal resset bergdølmo	Kim Andre Brevik		Markus Abrahamsen
Adrian Leren			Sander Barmoen Andersen

<b>33 - 14:24</b>	<b>34 - 14:36</b>		
Jonathan Børdahl	Didrik Andreas Mantor		
Kristian Ørbæk	Simon Ruud Sætre		
Jonathan hanssen	Martin Rossebø Christensen		

	<b>38 - 15:24</b>	<b>39 - 15:36</b>	<b>40 - 15:48</b>
	Sverre Bang Støeng	Even Rønningen	Jo Sanaker
		Emil Rønningen	

<b>41 - 16:00</b>	<b>42 - 16:12</b>	<b>43 - 16:24</b>	
Knut Vidar Evensen	Frode Steen	petter aalstad	
	Jan Finborud		
	Jørn Florhaug		

	<b>46 - 17:00</b>	<b>47 - 17:12</b>	
	adrian berget	Fredrik Tofastrud	
	dennis osmani		

	<b>50 - 17:48</b>	<b>51 - 18:00</b>	
	Kasper Skovly	Vegard Paulsen	
	Terje Strand	Sander Paulsen	


			<b>60 - 19:48</b>
			Sebastian Lie