

Trening Dragvoll Flex start → Tirsdag 5. Mai

		7 - 11:00	8 - 11:20
		Fredrik Hiorth	Didrik Jeppesen Berg-Hanssen
		Runar Rovik	

	14 - 13:20		
	Stian Danielsen		
	Kristian Forseth Karlsen		

17 - 14:20			
Roy Skogvold			
Lill Mona Tidemann			
tore torell			

	22 - 16:00	23 - 16:20	24 - 16:40
	Steinar Aa	Jon Sletteberg	stian jenssen
	Joakim Settem		

25 - 17:00	26 - 17:20	27 - 17:40	28 - 18:00
Ludvig Husby Aftret	Håkon Kjelstrup	Tom Henrik Olsen	Jørgen Madslie
			Anders Emilsson
			Simen Eid Nielsen

29 - 18:20	30 - 18:40	31 - 19:00	
Fredrik Weiseth	Emilie Midttun Dahlen	Kasper Berg	
Stian Gilberg		Espen Lindstad	
		Erik Kjernlie	