

# Trening Ankerskogen flex start → 8.mai

1 - 08:00			
Sebastian Lie			

5 - 09:20		7 - 10:00	
Øyvind Haugli		Tor Kristian Sørensen	

9 - 10:40		11 - 11:20	
Thomas Finberg		Roy-Arne Jensen	

13 - 12:00			
Sander Barmoen Andersen			
Markus Abrahamsen			

17 - 13:20	18 - 13:40	19 - 14:00	
Ronny Svensberget	Tom Erik Kristiansen	Magnus Otterstad	
kenneth kirkelund	Truls Stenberg		
David Gabrielsen			

21 - 14:40		23 - 15:20	24 - 15:40
Sverre Bang Støeng		Fredrik Mørstad	Mads hulleberg
		Einar Mykleset	
		sondre solbakken	

25 - 16:00	26 - 16:20	27 - 16:40	28 - 17:00
Karl Petter Rønningen	Michal Grabon	Magnus Midtlien	dennis osmani
	Marcus Bergerud	Ove Johannessen	adrian berget
	Morten Lien		

29 - 17:20	30 - 17:40	31 - 18:00	32 - 18:20
Christoffer Broman	Magnus Sørum Hagen	Daniel Nyland Haugen	lukas coon
	Ole Marius Birkelund		Håkon Viken

		<b>35 - 19:20</b>	
		Espen Paulsen	
		Magnus Thorstensen	
		Rune Hovde	