

VinterFlex → 13. Mars

1 - 07:00			
Christian Ness			

			8 - 08:10
			Stian Clausen
			Tor-Wegar Winther
			Øivind Johansen
			Lars Meum

9 - 08:20			
jarle saeby			
Tord Thoresen Dybhavn			

13 - 09:00	14 - 09:10	15 - 09:20	16 - 09:30
Ole-Kristian Wauger Østnes	Thomas Winger-Olsen	Arnfinn Karl Aksel Grandahl	Teemu Pasanen
Ruben Markus Molina-Wauger	Christer Wille	Jørund Petersen	Tor Øivind
Matias Scheibler			
Truls Håkon Torp			

17 - 09:40	18 - 09:50	19 - 10:00	20 - 10:10
Marius Humlekjær Pedersen	Stian christoffersen	Mads-Henrik Hafsmo	Vebjørn Greger Løvmon
Trym Magnussen	Lars-Erik Nordby	Peter Martinius Stige	Jesper Almark
Sivert Humlekjær Pedersen	Aleksander Nomell	Trine-Lise Hafsmo	

			24 - 10:50
			Eskil Børnes
			Lars Børnes

25 - 11:00	26 - 11:10	27 - 11:20	28 - 11:30
Jimmy oseli	Jonathan Bastesen	Tommi Sletteng	Jan Martin Thorstensen
Mats Larsen	Johannes Kirkegaard	Petter Hansen	Haakon Knudsen
Daniel Andersen	Emil Persson	Barry Smith	Joakim wolf
		Daniel Berget	Karl-Erik Aleksandersen

	30 - 11:50	31 - 12:00	
	Per Anders Holstad	Kristian Borlaug	
	Sondre Holstad	Martin Eilerås	
	Kjetil Holstad	Sondre Leiro	
	Kim Alexander Brattvang		

33 - 12:20	34 - 12:30	35 - 12:40	
Jan Erik Trinborg	Fredrik Nordtug	Adrian Sjørdal	
Jan Thomas Trinborg	Kim André Oremo	Henrik Devik	
		Erlend Vist	

37 - 13:00	38 - 13:10	39 - 13:20	
Svend Johnsen	Lars Magnusson	Benedikte Gummesen	
Håkon Johnsen	TreningOnline.no	Frode Gummesen	
Herman Johnsen			
Nikolai Bartholdsen			

41 - 13:40		43 - 14:00	44 - 14:10
Andreas Berg Kristiansen		Tony Rene Asmyhr	Anders B. Høijord
Glenn Paulsen		Eivind Park Pettersen	Stian Johansen
		Lykke Lorentzen	Thor-Øyvind Ødegaard
		Jørgen Thoresen	Andreas Sleipnes

45 - 14:20			
Tormod Høydahl			
Kent André Teigen			
Trym Berger			

		51 - 15:20	52 - 15:30
		Børge Arnesen	Sindre Vian
		Christian Olai-Olssen	joakim Ijønnes

53 - 15:40		55 - 16:00	
Mats Brandvold		Simen Signebøen	
Adrian Overvik		Alek Nadolski	
Christoffer Ståhl		Alexander Skorpen	
		Bjørn William Lauritzen	