

# Lørdagsflex

| 1 - 08:00           | 2 - 08:15           | 3 - 08:30           | 4 - 08:45          |
|---------------------|---------------------|---------------------|--------------------|
| Øystein Jonassen    | Frode Småmo         | Fredrik Frøyshov    | Roy Christian Risa |
| Frode Karlsen       | Geir Bø             | Tor ingvald Lauvrak | Jarle Risa         |
| Helene Berg         | Vegard Meling Nesse | Rasmus Espeland     |                    |
| Christer Nicolaisen |                     |                     |                    |

| 5 - 09:00     | 6 - 09:15        | 7 - 09:30       | 8 - 09:45       |
|---------------|------------------|-----------------|-----------------|
| Daniel Lea    | Krister Staurset | Knut Borgenvik  | Roy Ove Tveit   |
| André Karlsen | Jonatan Hjelmen  | Trond Tellefsen | Håvard Mikalsen |
| Håvard Håland | Raymond Eckholm  |                 | Dan Rasmussen   |
|               | Torgeir Espedal  |                 |                 |
|               | Mette Waagen     |                 |                 |

| 9 - 10:00          | 10 - 10:15           | 11 - 10:30     | 12 - 10:45        |
|--------------------|----------------------|----------------|-------------------|
| Thomas C Hansen    | Eivind Skarung       | Adrian Moi     | Eivind Solvang    |
| Kenneth Myhre      | Kjell Erik Reed Anda | Espen Undheim  | Anders Kaland     |
| Torbjørn Iversen   |                      | Bjørnar Thengs | Leif Arild Sæbø   |
| Martin Sandø Ophus |                      |                | Fredrik D Johnsen |
| Kjetil Egeland     |                      |                |                   |

| 13 - 11:00      | 14 - 11:15        |  | 16 - 11:45      |
|-----------------|-------------------|--|-----------------|
| Karl Sele       | Daniel Sande      |  | Atle lundegaard |
| Audun østevik   | Mathias Hermansen |  | Odd Thorsnæs    |
| Stian Langaas   |                   |  | Erlend Alvheim  |
| Even Jørgensen  |                   |  |                 |
| Henning Tjølsen |                   |  |                 |

| 17 - 12:00          | 18 - 12:15             | 19 - 12:30         |  |
|---------------------|------------------------|--------------------|--|
| Christopher Knutsen | Kristoffer Ask Hansen  | Sander Brathetland |  |
| Vetle Knutsen       | Aksel Fosse Gabrielsen | Erlend Brathetland |  |
|                     | Gerd julie Fjell       | melissa vida       |  |
|                     | Vidar F. Steinsland    | Thomas Puntervold  |  |

| <b>21 - 13:00</b>       | <b>22 - 13:15</b>              |  | <b>24 - 13:45</b>    |
|-------------------------|--------------------------------|--|----------------------|
| Håkon Fagerli           | jo kristian Tønnesen           |  | Svein-Atle Rasmussen |
| Andrea Pedersen         | Mathias Furenes                |  | Heljar Kjerstad      |
| Kenneth Enoksen         | Sebastian Tønnesen<br>Lundberg |  | Espen Bernhardsen    |
| Pernille Monstad Røberg | William Tønnesen Lundberg      |  | Kristoffer Messmer   |
| Marcus Ånonsen          |                                |  | David Cohen          |

| <b>25 - 14:00</b> |  |  |  |
|-------------------|--|--|--|
| Ronny Arntsen     |  |  |  |
| Håkon Thorsen     |  |  |  |
| Petter Thorsen    |  |  |  |
| Niklas Arntsen    |  |  |  |
|                   |  |  |  |