

Hamar Frisbee Club- Helgefleks → 7. Runde - Uke 19 - Fredag.

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| 25 - 11:00 | | | |
| Audun Strugstad | | | |
| Tord Nyseth | | | |
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| 37 - 13:00 | 38 - 13:10 | | |
| Rune Skymoen | Jesper Heggelund | | |
| Truls Nordseth | christian øygarden | | |
| Morten Strypet | | | |

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| | 58 - 16:30 | | 60 - 16:50 |
|--|-------------------|--|-------------------------|
| | Tom Erik Steen | | Kristian Magnus Bakke |
| | Knut Hummelvoll | | Henrik Jensen |
| | | | Sander Hustad |
| | | | Trym Galgum Gudbrandsen |