

Hestehagen - Søndagsflex 10.09.2023 (Gold)

	14 - 11:15	15 - 11:30	16 - 11:45
	Kristian Myreng	Daniel Tolleskoven	Magnus Lie
	Daniel bjerke	Aasmund Søraa	Alexander Søgård
	Daniel Kristensen		Stefan Hoang
	Håkon Fagerli		

17 - 12:00			
Benjamin Gulliksen			
Roland Øverland			

	22 - 13:15		
	Henrik Emil Arntzen		
	Joakim Momork		
	Rawand khorshid		

		27 - 14:30	
		Ole Kopstad	
		Thomas Kjær	
		Kristoffer Amundsen	

		31 - 15:30	32 - 15:45
		Julian Kristiansenn	Thomas Fosse
		Benjamin Eriksen	Karl Kristian Pettersen
		Marcus Åsbø	Jan Schelling
		sondre lie larsen	Benjamin Trollerud
		Christoffer André Braathen	Tom Trollerud

		35 - 16:30	
		Kristoffer lunde Nilsen	
		Are Karlsen	
		Thomas Lunder	
		Nicolay Torgersen	
		Nicolai Liverød	

41 - 18:00			
Chris Practice			
John Kristiansen			
Tung Van Nguyen			