

Østkant Tour → Jessheim Diskgolfpark

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| | | 7 - 09:00 | |
| | | Sindre Rotnebo | |
| | | Frank Arne Nortun | |
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|---------------------------|-------------------|------------------------|--|
| 9 - 09:20 | 10 - 09:30 | 11 - 09:40 | |
| Vegard Rikheim | Eskil Johansen | Benny-Joachim Sandbakk | |
| Håkon Gussiås Johnsbråten | Niklas Eriksson | Willem Henninger | |
| | Magnus Nyhammer | Mattis Hjellnes | |
| | Tom Arne Andersen | Alexander Rude-Evensen | |
| | | Cato Solberg | |

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|--|-------------------|------------------------|-------------------|
| | 14 - 10:10 | 15 - 10:20 | 16 - 10:30 |
| | Henrik Prøsch | Halvor Leithaug Strand | Benjamin Breang |
| | Knut Pedersen | Marius Prøsch | Morten Skau |
| | jann olav eggen | | |
| | Martin Rødland | | |

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| | | 19 - 11:00 | |
| | | Rune Osnes | |
| | | Kjetil Vognild | |
| | | Noah Osnes | |
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| 21 - 11:20 | 22 - 11:30 | | |
| Marius Ruud | Martin Bartholdsen | | |
| Stian Vikdal Westbye | Nicolai Hide | | |
| Andreas Norseth | | | |
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| 25 - 12:00 | 26 - 12:10 | | 28 - 12:30 |
|-----------------------------|--------------|--|-----------------------|
| Eivind Theodorsen | Jon Bakke | | Kim Aulie |
| Marcus Tengel Göte Karlsson | Stian Døhlen | | Thomas S. Kristiansen |
| Knut Bårtveit | | | Ulrik Naustvik |
| | | | Adrian Kristiansen |
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| 29 - 12:40 | | 31 - 13:00 | |
|----------------|--|--------------------|--|
| Thomas Holen | | Alexander Wroldsen | |
| Emil Holen | | Sondre Uteng Olsen | |
| Thomas Jenssen | | Matheo Røine | |
| Dennis Holen | | | |
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| | | | 36 - 13:50 |
|--|--|--|------------------------|
| | | | Benedicte Olsson Lønes |
| | | | Vegard Egeberg |
| | | | Even Engen Hedin |
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| 37 - 14:00 | | | |
|--------------------|--|--|--|
| Fredrik Stolt Wang | | | |
| Anders Holte | | | |
| Håvard Egeberg | | | |
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| | | 47 - 15:40 | 48 - 15:50 |
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| | | Espen Paulsen | odd martin sandven |
| | | Sander Stilén | Timothy Tangen |
| | | Andreas Skaug | |
| | | Daniel Løkse | |
| | | Mats Jahr | |

| 49 - 16:00 | | 52 - 16:30 | |
|------------------------|--|-------------------|-------------------------|
| Marita Opheim | | | Petter Marius Gundersen |
| Tony Starberg | | | Erik Sandum |
| Emil Thoresen | | | |
| Jan Martin Thorstensen | | | |
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| | | 56 - 17:10 | |
|--|--|-------------------|---------------------|
| | | | Jan Erik Haugstad |
| | | | Lotte Thori Løvstad |
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