

Meter Spor	Meter Spor	700m 2 Hens	700m 3 Hens	700m 4 Hens	700m 5 Hens	700m Bilspor Hens	600m G12	600m G 13	600m G 14
		OR	OMKJ	CN	BLS	BLS	Nær Jærb	Midterst	Innerst
00:00	00:00								
01:00	00:30								
	01:00								
	01:30								
02:00	02:00								
	02:30								
03:00	03:00							tir-lør 5805	
	03:30							KI 02:50 390m	
04:00	04:00								ma-lør 5913
	04:30								KI 04:18 550m
05:00	05:00								
	05:30				tir-lør 5805				
06:00	06:00				Hensett fra 05:00			ma-lør kl. 05:17	
	06:30	Tir-lør 5913			??			5811/13	tir-lør 5917
07:00	07:00	Hensett			390m			645m	KI 04:47
	07:30	Fra 06:00							KI 09:37
08:00	08:00	200m							5910
	08:30							KI 11:08	man-lør 550m
09:00	09:00							5804/02	
	09:30							tirs-lør 375m	
10:00	10:00								
	10:30								
11:00	11:00								
	11:30								
12:00	12:00								
	12:30								
13:00	13:00								
	13:30								
14:00	14:00								
	14:30								
15:00	15:00								
	15:30								
16:00	16:00								
	16:30							KI 18:38	
17:00	17:00							5814/20	
	17:30							sø-fr 645m	
18:00	18:00								
	18:30								man-tor
19:00	19:00								5801
	19:30								KI 18:29 375m
20:00	20:00								
	20:30								
21:00	21:00								
	21:30								
22:00	22:00								
	22:30								
23:00	23:00								
	23:30								
00:00	00:00								