

Meter Spor	Meter Spor		700m 2 Hens		700m 3 Hens		700m 4 Hens		700m 5 Hens		700m Bilspor Hens			600m G12 Nær Jærb		600m G 13 Midterst		600m G 14 Innerst
00:00	00:00		OR		OMKJ		CN											
	00:30																	
01:00	01:00																	
	01:30																	
02:00	02:00																	tir-lør
	02:30																	5917
03:00	03:00															tir-lør		Kl 04:08
	03:30															5805		365m
04:00	04:00															Kl 03:00		
	04:30															400m		kl 04:24
05:00	05:00																	5913
	05:30																	man-lør
06:00	06:00													ma-lø kl. 05:17		Kl 11:08		550m
	06:30													5811		5804		
07:00	07:00													645m		man-fre		
	07:30															520m		Kl 09:38
08:00	08:00																	5910
	08:30																	man-lør
09:00	09:00																	550m
	09:30																	
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													Kl 18:37				
	16:30													5814				
17:00	17:00													man-søn				
	17:30													645m				
18:00	18:00																	
	18:30																	21:08
19:00	19:00															man-fre		5918
	19:30															5801		tirs-lør
20:00	20:00															Kl 18:29		475m
	20:30															375m		
21:00	21:00																	
	21:30															Kl 20:22		
22:00	22:00															5806		
	22:30															man-fre		
23:00	23:00															375m		
	23:30																	
00:00	00:00																	