

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
		Nær Jærb	Midterst	Innerst					
00:00	00:00	OR	OMKJ	CN					
01:00	00:30								
	01:00								
	01:30								
02:00	02:00								
	02:30								
03:00	03:00							tir-lør 5805	
	03:30							KI 02:51 645m	kl 04:22
04:00	04:00								5913
	04:30								tir-lør 551m
05:00	05:00								Sø 5911
	05:30								04:07
06:00	06:00						ti-lø kl. 05:17 5811 645m	KI 11:08 5804 man-fre 645m	
	06:30								KI 09:38
07:00	07:00								5910
	07:30								man-fre 551m
08:00	08:00						Ma 5815 04:36 645m		Lø 5912
	08:30								samme itid
09:00	09:00								
	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						KI 18:37 5814 man-fre 645m		
	16:30								
17:00	17:00								
	17:30								
18:00	18:00						Sø 5816 samme tid		
	18:30								
19:00	19:00							man-fre 5801	
	19:30							KI 18:29 375m	
20:00	20:00								
	20:30								
21:00	21:00								
	21:30							KI 20:22 5806 man-fre 430m	
22:00	22:00								
	22:30								
23:00	23:00								
	23:30								
00:00	00:00								