

Buskerud Trampetten 2018

Treningsplan Fredag (v.3) 19.10.2018

19.10.2018

	Trampett 1	Trampett 2		Tumbling 1	Tumbling 2		Frittstående
18:00		IL ROS	18:00		Sande	18:00	Tranby
18:04	Mjøndalen		18:04			18:04	
18:08			18:08			18:08	
18:12			18:12		Skoger	18:12	Hokksund
18:16		Sande	18:16			18:16	
18:20	Tranby		18:20	IL ROS		18:20	
18:24			18:24			18:24	
18:28			18:28		Solberg	18:28	Mjøndalen
18:32		Skoger	18:32	Drammen		18:32	
18:36			18:36		Hokksund	18:36	
18:40	Ringerike		18:40	Odd		18:40	IL ROS
18:44		Solberg	18:44			18:44	
18:48			18:48		Mjøndalen	18:48	
18:52		Drammen	18:52	Tranby		18:52	Skoger
18:56			18:56			18:56	
19:00	Hokksund	Odd	19:00			19:00	
19:04			19:04			19:04	
19:08			19:08		Ringerike	19:08	Drammen
19:12	Kongsberg		19:12	Hammer		19:12	
19:16		Grimstad	19:16			19:16	Rygge
19:20			19:20			19:20	
19:24			19:24	Kongsberg		19:24	
19:28			19:28		Laksevåg	19:28	
19:32	Hammer	Snarøya	19:32		Rygge	19:32	
19:36			19:36			19:36	
19:40		Laksevåg	19:40		Grimstad	19:40	
19:44	Nøtterøy		19:44			19:44	
19:48		Rygge	19:48	Snarøya		19:48	
19:52			19:52			19:52	
19:56		Skotfoss	19:56		Tertnes	19:56	Laksevåg
20:00			20:00			20:00	Hammer
20:04		Kongsvinger	20:04	Nøtterøy		20:04	
20:08			20:08			20:08	Grimstad
20:12			20:12		Skotfoss	20:12	
20:16	Tertnes		20:16			20:16	
20:20			20:20			20:20	
20:24			20:24		Kongsvinger	20:24	
20:28			20:28			20:28	
20:32			20:32			20:32	Malvik
20:36			20:36			20:36	
20:40			20:40			20:40	
20:44			20:44	Malvik		20:44	
20:48			20:48			20:48	
20:52			20:52	Lillehammer		20:52	
20:56			20:56			20:56	
21:00	Malvik		21:00			21:00	
21:04		Lillehammer	21:04			21:04	
21:08			21:08			21:08	
21:12			21:12			21:12	
21:16			21:16			21:16	
21:20			21:20			21:20	

Buskerud Trampetten 2018

Treningsplan Lørdag (v.3)

19.10.2018

	Trampett 1	Trampett 2		Tumbling 1	Tumbling 2		Frittstående
07:30	Søgne	Meldal	07:30	Bergen	Elnesvågen	07:30	
07:34			07:34			07:34	
07:38		Oppegård	07:38	Froland		07:38	
07:42	Salhus		07:42			07:42	
07:46		Bergen	07:46	Søgne	Meldal	07:46	Oslo
07:50	Elnesvågen		07:50			07:50	
07:54		Froland	07:54	Rena	Oppegård	07:54	
07:58			07:58			07:58	
08:02		Herkules	08:02	Salhus	Oslo	08:02	Bergen
08:06			08:06			08:06	
08:10	Rena		08:10	Orkanger		08:10	Elnesvågen
08:14		IL Gneist	08:14			08:14	
08:18	Stag		08:18			08:18	
08:22			08:22	Bodø	Herkules	08:22	Salhus
08:26		Oslo	08:26			08:26	Sarpsborg
08:30			08:30			08:30	
08:34		Orkanger	08:34	IL Gneist	Haugesund	08:34	
08:38			08:38			08:38	
08:42	Bodø		08:42			08:42	
08:46		Flekkefjord	08:46	Stag	Sarpsborg	08:46	Herkules
08:50			08:50			08:50	
08:54		Vågsbygd	08:54			08:54	IL Gneist
08:58			08:58		Moss	08:58	
09:02	Gol	Haugesund	09:02			09:02	
09:06			09:06	Vestre Slidre		09:06	
09:10	Sarpsborg		09:10		Langhus	09:10	Bodø
09:14		Moss	09:14			09:14	Stag
09:18			09:18	Flekkefjord	Eidanger	09:18	
09:22	Vestre Slidre		09:22	Vågsbygd	Gol	09:22	
09:26		Langhus	09:26			09:26	
09:30			09:30			09:30	
09:34			09:34			09:34	