

Strømmen IF - treningstider vinter 2016-2017

Tid:	Mandag					Tirsdag					Onsdag					Torsdag					Fredag				
	1	2	3	4	M	1	2	3	4	M	1	2	3	4	M	1	2	3	4	M	1	2	3	4	M
09:00																									
09:15																									
09:30																									
09:45																									
10:00																									
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13:30																									
13:45																									
14:00																									AKA
14:15																									.7-8
14:30																									AKA
14:45																									AKA
15:00	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA
15:15	A-LAG				14-16	A-LAG				9-13	A-LAG				14-16	A-LAG				9-13	A-LAG				AKA
15:30	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA
15:45	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				.7-8
16:00	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				
16:15	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				
16:30	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				AKA	A-LAG				
16:45	A-LAG				14-16	A-LAG				9-13	A-LAG				14-16	A-LAG				9-13	A-LAG				
17:00	J12	J10	G10	G10	G9	G16	G16	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
17:15	J12	J10	G10	G10	G9	G16	G16	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
17:30	J12	J10	G11	G10	G9	J15	J15	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
17:45	J12	J10	G11	G10	G9	J15	J15	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
18:00	J12	J10	G11	G10	G9	J15	J15	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
18:15	J12	J10	G11	G10	G9	J15	J15	G16	G16		G11	J10	G10	G10	G8	G14	G14	G14	G12		G16	G16	G11	G11	
18:30	G13	G13	G11	G12		J15	J15	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
18:45	G13	G13	G11	G12		J15	J15	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
19:00	G13	G13	G12	G12		G14	G14	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
19:15	G13	G13	G12	G12		G14	G14	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
19:30	G13	G13	G12	G12		G14	G14	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
19:45	G13	G13	G12	G12		G14	G14	G14	G14		J12	J12	G13	G13		G19	G19	J15	J15		G19	G19	G19	G19	
20:00	G19	G19	G19	H7*		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7		G19	G19	G19	G19	
20:15	G19	G19	G19	H7		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7		G19	G19	G19	G19	
20:30	G19	G19	G19	H7		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7						
20:45	G19	G19	G19	H7		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7						
21:00	G19	G19	G19	H7		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7						
21:15	G19	G19	G19	G19		G19	G19	G19	G19		OLD	OLD	G19	G19		G16	G16	G16	H7						
21:30	G19	G19	G19	G19		G19	G19	G19	G19										H7	H7					
21:45	G19	G19	G19	G19		G19	G19	G19	G19										H7	H7					
	Mandag	*Gerbane når åpen					Tirsdag					Onsdag					Torsdag					Fredag			

Versjon 18. november 2016

Lørdag					Søndag					Tid:
1	2	3	4	M	1	2	3	4	M	
										09:00
										09:15
										09:30
										09:45
										10:00
										10:15
										10:30
										10:45
					G12	G12				11:00
					G12	G12				11:15
J15	J15	J15	J15		G12	G12				11:30
J15	J15	J15	J15		G12	G12				11:45
J15	J15	J15	J15		G12	G12				12:00
J15	J15	J15	J15		G12	G12				12:15
J15	J15	J15	J15							12:30
J15	J15	J15	J15							12:45
A-LAG										13:00
A-LAG										13:15
A-LAG										13:30
A-LAG										13:45
A-LAG					G19	G19	G19	G19		14:00
A-LAG					G19	G19	G19	G19		14:15
A-LAG					G19	G19	G19	G19		14:30
A-LAG					G19	G19	G19	G19		14:45
		OLD	OLD		G19	G19	G19	G19		15:00
		OLD	OLD		G19	G19	G19	G19		15:15
		OLD	OLD		G13	G13	G13	G13		15:30
		OLD	OLD		G13	G13	G13	G13		15:45
		OLD	OLD		G13	G13	G13	G13		16:00
		OLD	OLD		G13	G13	G13	G13		16:15
					G13	G13	G13	G13		16:30
					G13	G13	G13	G13		16:45
					G14	G14	G14	G14		17:00
					G14	G14	G14	G14		17:15
					G14	G14	G14	G14		17:30
					G14	G14	G14	G14		17:45
					G14	G14	G14	G14		18:00
					G14	G14	G14	G14		18:15
					G16	G16	G16	G16		18:30
					G16	G16	G16	G16		18:45
					G16	G16	G16	G16		19:00
					G16	G16	G16	G16		19:15
					G16	G16	G16	G16		19:30
					G16	G16	G16	G16		19:45
										20:00
										20:15
										20:30
										20:45
										21:00
										21:15
										21:30
										21:45
Lørdag					Søndag					

LAG	Født	Man	Tir	Ons	Tor	Fre	Lør	Søn	Tot
A-LAG	22	1	1	1	1	1	1		6
SR 3	0								0
OLD	23			1			1		2
H7	15	1			1				2
UF	19		1						1
G19	37	1998-2000	1	1	1	1	1	1	5
G16	34	2001-2002	1		1	1		1	4
G14	33	.2003	1		1			1	3
G13	23	.2004	1		1			1	3
G12	27	.2005	1		1			1	3
G11	17	.2006	1		1	1			3
G10	29	.2007	1		1				2
G9	14	.2008	1		1				2
G8	17	.2009			1				1
G7	28	.2010			1				1
									0
J7	6	.2010		1					1
J15	20	.2002		1		1	1		3
J12	24	2005+	1		1				2
J10	22	.2007	1		1				2
AKA	0								0
KEP	0								0
G/J6		.2011							0

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