

Valid from 17.06.2019 UT= Unloading time LT= Loading time

stance cover	Train nr.	Location		Week 25		Mon 17.June		Tue 18.June		Wed 19.June		Thu 20.June		Fri 21.June		Sat 22.June		Sun 23.June		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal	Mon 16:20	Tue 02:30	Tue 16:20	Wed 02:30	Wed 16:20	Thu 02:30	Thu 16:20	Fri 02:30									
	5707	Alnabru	Brattøra	Mon 16:20	Tue 03:15	Tue 16:20	Wed 03:15	Wed 16:20	Thu 03:15	Thu 16:20	Fri 03:15									
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal															Sun 12:00	Mon 05:00	
	5719	Alnabru	Brattøra															Sun 12:00	Mon 06:00	
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30	Tue 10:30	Tue 20:30	Wed 10:30	Wed 20:30	Thu 10:30	Thu 20:30	Fri 10:30	Fri 20:30							
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30	Tue 09:30	Tue 20:30	Wed 09:30	Wed 20:30	Thu 09:30	Thu 20:30	Fri 09:30	Fri 20:30							
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 26		Mon 24.June		Tue 25.June		Wed 26.June		Thu 27.June		Fri 28.June		Sat 29.June		Sun 30.June		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal	Mon 16:20	Tue 02:30			Wed 16:20	Thu 02:30											
	5707	Alnabru	Brattøra	Mon 16:20	Tue 03:15			Wed 16:20	Thu 03:15											
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal															Sun 12:00	Mon 05:00	
	5719	Alnabru	Brattøra															Sun 12:00	Mon 06:00	
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30	Tue 10:30	Tue 20:30			Thu 10:30	Thu 20:30									
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30	Tue 09:30	Tue 20:30			Thu 09:30	Thu 20:30									
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 27		Mon 01.July		Tue 02.July		Wed 03.July		Thu 04.July		Fri 05.July		Sat 06.July		Sun 07.July		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal															Sun 12:00	Mon 05:00	
	5719	Alnabru	Brattøra															Sun 12:00	Mon 06:00	
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 35		Mon 26. august		Tue 27. august		Wed 28. august		Thu 29. august		Fri 30. august		Sat 31. august		Sun 01. september		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 29		Mon 15. July		Tue 16. July		Wed 17. July		Thu 18. July		Fri 19. July		Sat 20. July		Sun 21. July		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 30		Mon 22. July		Tue 23. July		Wed 24. July		Thu 25. July		Fri 26. July		Sat 27. July		Sun 28. July		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30								

stance cover	Train nr.	Location		Week 31		Mon 29.July		Tue 30.July		Wed 31.July		Thu 01.august		Fri 02.august		Sat 03.august		Sun 04.august		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT			
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
	5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30							

stance cover	Train nr.	Location		Week 32		Mon 05.august		Tue 06.august		Wed 07.august		Thu 08.august		Fri 09.august		Sat 10.august		Sun 11.august		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT			
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
	5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30							

stance cover	Train nr.	Location		Week 33		Mon 12.august		Tue 13.august		Wed 14.august		Thu 15.august		Fri 16.august		Sat 17.august		Sun 18.august		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT			
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15							
	5707	Alnabru	Heimdal																	
	5707	Alnabru	Brattøra																	
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45							
	5719	Alnabru	Heimdal																Sun 12:00	Mon 05:00
	5719	Alnabru	Brattøra																Sun 12:00	Mon 06:00
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30															
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30															
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30							
	5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30							

stance cover	Train nr.	Location Week 34		Mon 19.august		Tue 20.august		Wed 21.august		Thu 22.august		Fri 23.august		Sat 24.august		Sun 25.august		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15					
	5707	Alnabru	Heimdal															
	5707	Alnabru	Brattøra															
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45					
	5719	Alnabru	Heimdal													Sun 12:00	Mon 05:00	
	5719	Alnabru	Brattøra													Sun 12:00	Mon 06:00	
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30													
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30													
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30					
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30						

stance cover	Train nr.	Location Week 35		Mon 26. august		Tue 27. august		Wed 28. august		Thu 29. august		Fri 30. august		Sat 31. august		Sun 01. september		Notes
		Fra	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Dovre	5731	Alnabru	Brattøra	Mon 08:50	Mon 19:15	Tue 08:50	Tue 19:15	Wed 08:50	Wed 19:15	Thu 08:50	Thu 19:15	Fri 08:50	Fri 19:15					
	5707	Alnabru	Heimdal															
	5707	Alnabru	Brattøra															
	5709	Alnabru	Heimdal	Mon 20:15	Tue 05:45	Tue 20:15	Wed 05:45	Wed 20:15	Thu 05:45	Thu 20:15	Fri 05:45	Fri 20:15	Sat 05:45					
	5719	Alnabru	Heimdal													Sun 12:00	Mon 05:00	
	5719	Alnabru	Brattøra													Sun 12:00	Mon 06:00	
	5702	Brattøra	Alnabru	Mon 10:30	Mon 20:30													
	5702	Heimdal	Alnabru	Mon 09:30	Mon 20:30													
	5730	Brattøra	Alnabru	Mon 22:00	Tue 08:30	Tue 22:00	Wed 08:30	Wed 22:00	Thu 08:30	Thu 22:00	Fri 08:30	Fri 22:00	Sat 08:30					
5708	Heimdal	Alnabru	Mon 20:20	Tue 05:30	Tue 20:20	Wed 05:30	Wed 20:20	Thu 05:30	Thu 20:20	Fri 05:30	Fri 20:20	Sat 05:30						