

Loading and Unloading time R20

Valid from 01.04.2020

LT= Loading time UT= Unloading time



Distance covered	Train nr.	Product	Location		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Notes
			From	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	
Narvik	41914	Standard	Alnabru	Kirunavaara	Mon 17:35	Tue 19:15	Tue 17:35	Wed 19:15	Wed 17:35	Thu 19:15	Thu 17:35	Fri 19:15	Sat 19:15						
	41914	Standard	Alnabru	Narvik	Mon 17:35	Tue 22:15	Tue 17:35	Wed 22:15	Wed 17:35	Thu 22:15	Thu 17:35	Fri 22:15	Sat 22:15						
	41902	Standard	Alnabru	Narvik	Mon 19:35	Wed 00:30	Tue 19:35	Thu 00:30	Wed 19:35	Fri 00:30	Thu 19:35	Sat 00:30	Fri 19:35	Sun 00:30					
	41932	Standard	Alnabru	Narvik											Sat 12:00	Sun 19:00			
	41919	Standard	Narvik	Alnabru	Mon 21:00	Wed 05:00	Tue 21:00	Thu 05:00	Wed 21:00	Fri 05:00	Thu 21:00	Sat 05:00	Fri 21:00	Sun 06:00	Sat 21:00	Mon 05:00			
	41919	Standard	Kirunavaara	Alnabru					Wed 01:45	Thu 05:00	Thu 01:45	Fri 05:00	Fri 01:45	Sat 05:00	Sat 01:45	Sun 06:00	Sun 01:45	Mon 05:00	
41905	Standard	Narvik	Alnabru	Mon 23:30	Wed 05:00	Tue 23:30	Thu 05:00	Wed 23:30	Fri 05:00	Thu 23:30	Sat 05:00	Fri 23:30	Sun 07:00						
Trondheim	5731	Standard	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					
	5703	Standard	Alnabru	Brattøra	Mon 19:20	Tue 05:15			Wed 19:20	Thu 05:15									
	5707	Standard	Alnabru	Heimdal	Mon 16:20	Tue 03:00	Tue 16:20	Wed 03:00	Wed 16:20	Thu 03:00	Thu 16:20	Fri 03:00							
	5707	Standard	Alnabru	Brattøra	Mon 16:20	Tue 05:15	Tue 16:20	Wed 05:15	Wed 16:20	Thu 05:15	Thu 16:20	Fri 05:15							
	5709	Ekstra	Alnabru	Heimdal	Mon 20:15	Tue 06:00	Tue 20:15	Wed 06:00	Wed 20:15	Thu 06:00	Thu 20:15	Fri 06:00	Fri 20:15	Sat 06:00					
	5719	Standard	Alnabru	Heimdal														Sun 12:00	Mon 05:45
	5719	Standard	Alnabru	Brattøra														Sun 12:00	Mon 06:30
	5702	Standard	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	Standard	Heimdal	Alnabru	Mon 09:45	Mon 20:30	Tue 09:45	Tue 20:30	Wed 09:45	Wed 20:30	Thu 09:45	Thu 20:30	Fri 09:45	Fri 20:30					
	5704	Standard	Brattøra	Alnabru			Tue 14:00	Wed 01:25			Thu 14:00	Fri 01:25							
5730	Standard	Brattøra	Alnabru	Mon 22:00	Tue 09:20	Tue 22:00	Wed 09:20	Wed 22:00	Thu 09:20	Thu 22:00	Fri 09:20	Fri 22:00	Sat 09:20						
5708	Ekstra	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 06:15						

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			From	To	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT	LT	UT		
N o r d l a n d	5735 Standard	Alnabru	Mo i Rana	Mon 21:50	Tue 16:30	Tue 21:50	Wed 16:30	Wed 21:50	Thu 16:30	Thu 21:50	Fri 16:30									
	5737 Standard	Alnabru	Mo i Rana											Sat 12:00	Sun 16:30					
	5735 Standard	Alnabru	Fauske	Mon 21:50	Tue 19:30	Tue 21:50	Wed 19:30	Wed 21:50	Thu 19:30	Thu 21:50	Fri 19:30	Fri 21:50	Sat 19:15							
	5737 Standard	Alnabru	Fauske											Sat 12:00	Sun 19:15					
	5735 Standard	Alnabru	Bodø	Mon 21:50	Tue 20:15	Tue 21:50	Wed 20:15	Wed 21:50	Thu 20:15	Thu 21:50	Fri 20:15	Fri 21:50	Sat 20:15							
	5737 Standard	Alnabru	Bodø												Sat 12:00	Sun 20:15				
	5791 Standard	Brattøra	Mo i Rana	Mon 19:00	Tue 04:30	Tue 19:00	Wed 04:30	Wed 19:00	Thu 04:30	Thu 19:00	Fri 04:30	Fri 19:00	Sun 13:30							
	5799 Standard	Brattøra	Mo i Rana											Fri 23:30	Sun 16:30					
	5791 Standard	Brattøra	Fauske	Mon 19:00	Tue 07:10	Tue 19:00	Wed 07:10	Wed 19:00	Thu 07:10	Thu 19:00	Fri 07:10	Fri 19:00	Sat 07:10							
	5791 Standard	Brattøra	Bodø	Mon 19:00	Tue 07:50	Tue 19:00	Wed 07:50	Wed 19:00	Thu 07:50	Thu 19:00	Fri 07:50	Fri 19:00	Sat 07:50							
	5795 Standard	Brattøra	Bodø	Mon 23:30	Tue 20:15	Tue 23:30	Wed 20:15	Wed 23:30	Thu 20:15	Thu 23:30	Fri 20:15									
	5797 Standard	Brattøra	Bodø											Fri 23:30	Sat 20:15					
	5781 Standard	Brattøra	Bodø	Mon 15:50	Tue 06:15	Tue 15:50	Wed 06:15	Wed 15:50	Thu 06:15	Thu 15:50	Fri 06:15									Bodø from 30.08.20
	5781 Standard	Brattøra	Fauske	Mon 15:50	Tue 05:15	Tue 15:50	Wed 05:15	Wed 15:50	Thu 05:15	Thu 15:50	Fri 05:15									
	5781 Standard	Brattøra	Mo i Rana	Mon 15:50	Tue 02:30	Tue 15:50	Wed 02:30	Wed 15:50	Thu 02:30	Thu 15:50	Fri 02:30									
	5781 Standard	Brattøra	Mosjøen	Mon 15:50	Tue 00:45	Tue 15:50	Wed 00:45	Wed 15:50	Thu 00:45	Thu 15:50	Fri 00:45									
	5783 Standard	Brattøra	Bodø															Sat 14:00	Mon 06:15	Bodø from 30.08.20
	5783 Standard	Brattøra	Fauske															Sat 14:00	Mon 05:15	
	5783 Standard	Brattøra	Mo i Rana															Sat 14:00	Mon 02:30	
	5783 Standard	Brattøra	Mosjøen															Sat 14:00	Mon 00:45	
	5794 Standard	Bodø	Alnabru	Mon 21:30	Tue 20:00	Tue 21:30	Wed 20:00	Wed 21:30	Thu 20:00	Thu 21:30	Fri 20:00	Fri 21:30	Sun 06:00							
	5798 Standard	Bodø	Alnabru													Sat 17:00	Sun 15:00			
	5790 Standard	Bodø	Brattøra	Mon 08:00	Mon 22:30	Tue 08:45	Tue 22:30	Wed 08:45	Wed 22:30	Thu 08:45	Thu 22:30	Fri 08:45	Fri 22:30							5788 on Mondays
	5794 Standard	Bodø	Brattøra	Mon 21:30	Tue 10:40	Tue 21:30	Wed 10:40	Wed 21:30	Thu 10:40	Thu 21:30	Fri 10:40	Fri 21:30	Mon 01:00							
	5794 Standard	Fauske	Alnabru	Mon 22:15	Tue 20:00	Tue 22:15	Wed 20:00	Wed 22:15	Thu 20:00	Thu 22:15	Fri 20:00	Fri 22:15	Sun 06:00							
	5798 Standard	Fauske	Alnabru													Sat 17:30	Sun 15:00			
	5790 Standard	Fauske	Brattøra	Mon 09:30	Mon 22:30	Tue 09:30	Tue 22:30	Wed 09:30	Wed 22:30	Thu 09:30	Thu 22:30	Fri 09:30	Fri 22:30							5788 on Mondays
	5794 Standard	Mo i Rana	Alnabru			Tue 01:00	Tue 20:00	Wed 01:00	Wed 20:00	Thu 01:00	Thu 20:00	Fri 01:00	Fri 20:00	Sat 01:00	Sun 06:00					
5790 Standard	Mo i Rana	Brattøra	Mon 13:00	Mon 22:30	Tue 13:00	Tue 22:30	Wed 13:00	Wed 22:30	Thu 13:00	Thu 22:30	Fri 13:00	Fri 22:30							5788 on Mondays	
5782 Standard	Bodø	Brattøra	Mon 12:15	Tue 04:00	Tue 12:15	Wed 04:00	Wed 12:15	Thu 04:00	Thu 12:15	Fri 04:00	Fri 12:15	Sat 09:00							Bodø from 30.08.20	
5782 Standard	Fauske	Brattøra	Mon 13:00	Tue 04:00	Tue 13:00	Wed 04:00	Wed 13:00	Thu 04:00	Thu 13:00	Fri 04:00	Fri 13:00	Sat 09:00								
5782 Standard	Mo i Rana	Brattøra	Mon 17:30	Tue 04:00	Tue 17:30	Wed 04:00	Wed 17:30	Thu 04:00	Thu 17:30	Fri 04:00	Fri 17:30	Sat 09:00								
5782 Standard	Mosjøen	Brattøra	Mon 19:15	Tue 04:00	Tue 19:15	Wed 04:00	Wed 19:15	Thu 04:00	Thu 19:15	Fri 04:00	Fri 19:15	Sat 09:00								

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Sørland	5801	Standard	Alnabru	Kristiansand	Mon 08:50	Mon 15:45	Tue 08:50	Tue 15:45	Wed 08:50	Wed 15:45	Thu 08:50	Thu 15:45								
	5805	Standard	Alnabru	Kristiansand	Mon 16:10	Mon 23:00	Tue 16:10	Tue 23:00	Wed 16:10	Wed 23:00	Thu 16:10	Thu 23:00	Fri 16:10	Fri 23:00						
	5821	Standard	Alnabru	Kristiansand														Sun 12:00	Mon 01:00	
	5801	Standard	Alnabru	Stavanger	Mon 08:50	Mon 19:00	Tue 08:50	Tue 19:00	Wed 08:50	Wed 19:00	Thu 08:50	Thu 19:00								
	5805	Standard	Alnabru	Stavanger	Mon 16:10	Tue 02:30	Tue 16:10	Wed 02:30	Wed 16:10	Thu 02:30	Thu 16:10	Fri 02:30	Fri 16:10	Sat 02:30						
	5811	Ekstra	Alnabru	Stavanger	Mon 20:00	Tue 06:00	Tue 20:00	Wed 06:00	Wed 20:00	Thu 06:00	Thu 20:00	Fri 06:00	Fri 20:00	Sat 06:00				Sun 12:00	Mon 06:00	
	5821	Standard	Alnabru	Stavanger														Sun 12:00	Mon 03:30	
	5804	Standard	Kristiansand	Alnabru	Mon 11:00	Mon 18:30	Tue 11:00	Tue 18:30	Wed 11:00	Wed 18:30	Thu 11:00	Thu 18:30	Fri 11:00	Fri 18:30	Sat 11:00	Sun 06:00				
	5806	Standard	Kristiansand	Alnabru	Mon 22:00	Tue 06:15	Tue 22:00	Wed 06:15	Wed 22:00	Thu 06:15	Thu 22:00	Fri 06:15								
	5814	Ekstra	Kristiansand	Alnabru									Fri 21:00	Sat 05:15						
	5814	Ekstra	Stavanger	Alnabru	Mon 17:30	Tue 05:15	Tue 17:30	Wed 05:15	Wed 17:30	Thu 05:15	Thu 17:30	Fri 05:15	Fri 17:30	Sat 05:15						
	5804	Standard	Stavanger	Alnabru	Mon 07:45	Mon 18:30	Tue 07:45	Tue 18:30	Wed 07:45	Wed 18:30	Thu 07:45	Thu 18:30	Fri 07:45	Fri 18:30	Sat 08:00	Sun 06:00				
5806	Standard	Stavanger	Alnabru	Mon 19:45	Tue 06:30	Tue 19:45	Wed 06:30	Wed 19:45	Thu 06:30	Thu 19:45	Fri 06:30									
5820	Standard	Stavanger	Alnabru											Sat 10:00	Mon 05:00					
Bergen	5505	Standard	Alnabru	Bergen									Fri 11:35	Sat 00:15						
	5507	Standard	Alnabru	Bergen	Mon 09:50	Mon 19:15	Tue 09:50	Tue 19:15	Wed 09:50	Wed 19:15	Thu 09:50	Thu 19:15								
	5509	Standard	Alnabru	Bergen	Mon 17:15	Tue 02:00	Tue 17:15	Wed 02:00	Wed 17:15	Thu 02:00	Thu 17:15	Fri 02:00								
	5511	Ekstra	Alnabru	Bergen	Mon 19:10	Tue 04:05	Tue 19:10	Wed 04:05	Wed 19:10	Thu 04:05	Thu 19:10	Fri 04:05								
	5515	Ekstra	Alnabru	Bergen	Mon 21:30	Tue 06:00	Tue 21:30	Wed 06:00	Wed 21:30	Thu 06:00	Thu 21:30	Fri 06:00	Fri 21:30	Sat 06:00						
	5521	Standard	Alnabru	Bergen														Sun 12:00	Mon 01:00	
	5523	Standard	Alnabru	Bergen														Sun 12:00	Mon 04:50	
	5527	Standard	Alnabru	Bergen														Sun 12:00	Mon 01:00	
	5506	Standard	Bergen	Alnabru	Mon 08:05	Tue 10:00	Tue 08:05	Tue 23:00	Wed 08:05	Wed 23:00	Thu 08:05	Thu 23:00	Fri 08:05	Fri 23:00						
	5508	Ekstra	Bergen	Alnabru	Mon 16:15	Tue 01:15	Tue 16:15	Wed 01:15	Wed 16:15	Thu 01:15	Thu 16:15	Fri 01:15								
	5510	Ekstra	Bergen	Alnabru	Mon 19:05	Tue 03:45	Tue 19:05	Wed 03:45	Wed 19:05	Thu 03:45	Thu 19:05	Fri 03:45	Fri 19:05	Sat 03:45						
	5512	Standard	Bergen	Alnabru	Mon 21:25	Tue 06:05	Tue 21:25	Wed 06:05	Wed 21:25	Thu 06:05	Thu 21:25	Fri 06:05								
	5520	Standard	Bergen	Alnabru											Sat 08:15	Sun 06:00				
5522	Standard	Bergen	Alnabru											Sat 11:00	Mon 05:00					
5524	Standard	Bergen	Alnabru											Fri 18:00	Mon 00:10					
SRE	41971/ 73	Standard	Alnabru	Halmstad	Mon 16:20	Tue 07:00	Tue 16:20	Wed 07:00					Thu 16:20	Fri 07:00				Sun 12:00	Mon 07:00	
	41971/ 73	Standard	Alnabru	Malmö	Mon 16:20	Tue 06:00	Tue 16:20	Wed 06:00					Thu 16:20	Fri 06:00			Sat 12:00	Sun 06:00	Sun 12:00	Mon 06:00
	41971/ 73	Standard	Alnabru	Trelleborg	Mon 16:20	Tue 06:00	Tue 16:20	Wed 06:00					Thu 16:20	Fri 06:00			Sat 12:00	Sun 06:00	Sun 12:00	Mon 06:00
	41972/ 74	Standard	Trelleborg	Alnabru	Mon 18:00	Tue 07:30	Tue 18:00	Wed 07:30	Wed 18:00	Thu 07:30				Fri 18:00	Sat 07:30				Sun 18:00	Mon 07:30
	41972/ 74	Standard	Alnabru	Malmö	Mon 16:00	Tue 07:30	Tue 16:00	Wed 07:30	Wed 16:00	Thu 07:30				Fri 16:00	Sat 07:30				Sun 16:00	Mon 07:30
41972/ 74	Standard	Halmstad	Alnabru	Mon 17:00	Tue 07:30	Tue 17:00	Wed 07:30	Wed 17:00	Thu 07:30				Fri 15:30	Sat 07:30						
Brevik	5371	Standard	Alnabru	Tangenkai s.sp.	Mon 10:10	Mon 15:20														
	5372	Standard	Tangenkai s.sp.	Alnabru	Mon 19:00	Mon 23:30														

* Priority units can be unloaded from the trains arrival, from train to truck at arrival.