



# BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 23/02/2026					DINSDAG 24/02/2026					WOENSDAG 25/02/2026					DONDERDAG 26/02/2026					VRIJDAG 27/02/2026					ZATERDAG 28/02/2026					ZONDAG 01/03/2026									
		BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4
8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm				
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9:00	9:15	135 cm					9:00	9:15	75 cm					9:00	9:15	75 cm					9:00	9:15	123 cm					9:00	9:15	55 cm					9:00	9:15	2 m				
9:15	9:30	135 cm					9:15	9:30	75 cm					9:15	9:30	75 cm					9:15	9:30	123 cm					9:15	9:30	55 cm					9:15	9:30	2 m				
9:30	9:45	135 cm					9:30	9:45	75 cm					9:30	9:45	75 cm					9:30	9:45	123 cm					9:30	9:45	65 cm					9:30	9:45	2 m				
9:45	10:00	135 cm					9:45	10:00	75 cm					9:45	10:00	135 cm					9:45	10:00	123 cm					9:45	10:00	65 cm					9:45	10:00	2 m				
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10:45	11:00	123 cm					10:45	11:00	75 cm					10:45	11:00	135 cm					10:45	11:00	125 cm					10:45	11:00	65 cm					10:45	11:00	2 m				
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18:00	18:15	75 cm					18:00	18:15	2 m					18:00	18:15	135 cm					18:00	18:15	125 cm					18:00	18:15	135 cm					18:00	18:15	135 cm				
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18:30	18:45	75 cm					18:30	18:45	2 m					18:30	18:45	135 cm					18:30	18:45	125 cm					18:30	18:45	135 cm					18:30	18:45	135 cm				
18:45	19:00	125 cm					18:45	19:00	2 m					18:45	19:00	135 cm																									

# BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 02/03/2026					DINSDAG 03/03/2026					WOENSDAG 04/03/2026					DONDERDAG 05/03/2026					VRIJDAG 06/03/2026					ZATERDAG 07/03/2026					ZONDAG 08/03/2026									
		BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4
8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm				
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9:00	9:15	135 cm					9:00	9:15	75 cm					9:00	9:15	75 cm					9:00	9:15	123 cm					9:00	9:15	55 cm					9:00	9:15	135 cm				
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11:00	11:15	123 cm					11:00	11:15	75 cm					11:00	11:15	135 cm					11:00	11:15	125 cm					11:00	11:15	65 cm					11:00	11:15	135 cm				
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16:00	16:15	135 cm					16:00	16:15	135 cm					16:00	16:15	75 cm					16:00	16:15	125 cm					16:00	16:15	2 m					16:00	16:15	135 cm				
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18:45	19:00	125 cm					18:45	19:00	2 m					18:45	19:00	135 cm					18:45	19:00</																			

# BANENPLANNING SPORTOASE

BEGIN - EIND	MAANDAG 09/03/2026					BEGIN - EIND	DINSDAG 10/03/2026					BEGIN - EIND	WOENSDAG 11/03/2026					BEGIN - EIND	DONDERDAG 12/03/2026					BEGIN - EIND	VRIJDAG 13/03/2026					BEGIN - EIND	ZATERDAG 14/03/2026					BEGIN - EIND	ZONDAG 15/03/2026				
	BODEM	1	2	3	4		5	BODEM	1	2	3		4	5	BODEM	1	2		3	4	5	BODEM	1		2	3	4	5	BODEM		1	2	3	4	5		BODEM	1	2	3	4
8:00 - 8:15	135 cm					8:00 - 8:15	135 cm					8:00 - 8:15	135 cm					8:00 - 8:15	135 cm					8:00 - 8:15	123 cm					8:00 - 8:15	135 cm					8:00 - 8:15	135 cm				
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9:30 - 9:45	135 cm					9:30 - 9:45	75 cm					9:30 - 9:45	75 cm					9:30 - 9:45	75 cm					9:30 - 9:45	123 cm	AQUASEN IOR				9:30 - 9:45	65 cm					9:30 - 9:45	2 m				
9:45 - 10:00	135 cm					9:45 - 10:00	75 cm					9:45 - 10:00	135 cm					9:45 - 10:00	135 cm					9:45 - 10:00	123 cm					9:45 - 10:00	65 cm					9:45 - 10:00	2 m				
10:00 - 10:15	135 cm					10:00 - 10:15	75 cm					10:00 - 10:15	75 cm					10:00 - 10:15	75 cm					10:00 - 10:15	125 cm					10:00 - 10:15	65 cm					10:00 - 10:15	2 m				
10:15 - 10:30	135 cm					10:15 - 10:30	75 cm					10:15 - 10:30	135 cm					10:15 - 10:30	135 cm					10:15 - 10:30	125 cm					10:15 - 10:30	65 cm					10:15 - 10:30	2 m				
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10:45 - 11:00	123 cm	AQUASEN IOR				10:45 - 11:00	75 cm					10:45 - 11:00	135 cm					10:45 - 11:00	135 cm					10:45 - 11:00	125 cm					10:45 - 11:00	65 cm					10:45 - 11:00	2 m				
11:00 - 11:15	123 cm	AQUASEN IOR				11:00 - 11:15	75 cm					11:00 - 11:15	135 cm					11:00 - 11:15	135 cm					11:00 - 11:15	125 cm					11:00 - 11:15	65 cm					11:00 - 11:15	135 cm				
11:15 - 11:30	123 cm	AQUASEN IOR				11:15 - 11:30	75 cm					11:15 - 11:30	135 cm					11:15 - 11:30	135 cm					11:15 - 11:30	125 cm					11:15 - 11:30	75 cm					11:15 - 11:30	135 cm				
11:30 - 11:45	135 cm					11:30 - 11:45	75 cm					11:30 - 11:45	135 cm					11:30 - 11:45	135 cm					11:30 - 11:45	125 cm					11:30 - 11:45	75 cm					11:30 - 11:45	135 cm				
11:45 - 12:00	135 cm					11:45 - 12:00	75 cm					11:45 - 12:00	135 cm					11:45 - 12:00	135 cm					11:45 - 12:00	125 cm					11:45 - 12:00	75 cm					11:45 - 12:00	135 cm				
12:00 - 12:15	135 cm					12:00 - 12:15	120 cm					12:00 - 12:15	135 cm					12:00 - 12:15	135 cm					12:00 - 12:15	125 cm					12:00 - 12:15	95 cm					12:00 - 12:15	135 cm				
12:15 - 12:30	135 cm					12:15 - 12:30	120 cm					12:15 - 12:30	135 cm					12:15 - 12:30	135 cm					12:15 - 12:30	125 cm					12:15 - 12:30	95 cm					12:15 - 12:30	135 cm				
12:30 - 12:45	135 cm					12:30 - 12:45	120 cm					12:30 - 12:45	135 cm					12:30 - 12:45	135 cm					12:30 - 12:45	125 cm	AQUAFIT				12:30 - 12:45	95 cm					12:30 - 12:45	135 cm				
12:45 - 13:00	135 cm					12:45 - 13:00	120 cm					12:45 - 13:00	135 cm					12:45 - 13:00	135 cm					12:45 - 13:00	125 cm	AQUAFIT				12:45 - 13:00	95 cm					12:45 - 13:00	135 cm				
13:00 - 13:15	75 cm					13:00 - 13:15	120 cm					13:00 - 13:15	135 cm					13:00 - 13:15	135 cm					13:00 - 13:15	125 cm					13:00 - 13:15	95 cm					13:00 - 13:15	135 cm				
13:15 - 13:30	75 cm					13:15 - 13:30	120 cm					13:15 - 13:30	135 cm					13:15 - 13:30	135 cm					13:15 - 13:30	135 cm					13:15 - 13:30	135 cm					13:15 - 13:30	135 cm				
13:30 - 13:45	75 cm					13:30 - 13:45	75 cm					13:30 - 13:45	135 cm					13:30 - 13:45	135 cm					13:30 - 13:45	135 cm					13:30 - 13:45	135 cm					13:30 - 13:45	135 cm				
13:45 - 14:00	75 cm					13:45 - 14:00	75 cm					13:45 - 14:00	135 cm					13:45 - 14:00	135 cm					13:45 - 14:00	135 cm					13:45 - 14:00	135 cm					13:45 - 14:00	135 cm				
14:00 - 14:15	135 cm					14:00 - 14:15	75 cm					14:00 - 14:15	65 cm					14:00 - 14:15	65 cm					14:00 - 14:15	75 cm					14:00 - 14:15	135 cm					14:00 - 14:15	135 cm				
14:15 - 14:30	135 cm					14:15 - 14:30	75 cm					14:15 - 14:30	65 cm					14:15 - 14:30	65 cm					14:15 - 14:30	75 cm					14:15 - 14:30	135 cm					14:15 - 14:30	135 cm				
14:30 - 14:45	135 cm					14:30 - 14:45	135 cm					14:30 - 14:45	65 cm					14:30 - 14:45	65 cm					14:30 - 14:45	125 cm					14:30 - 14:45	135 cm					14:30 - 14:45	135 cm				
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15:45 - 16:00	135 cm					15:45 - 16:00	135 cm					15:45 - 16:00	75 cm					15:45 - 16:00	75 cm					15:45 - 16:00	125 cm					15:45 - 16:00	135 cm					15:45 - 16:00	135 cm				
16:00 - 16:15	135 cm					16:00 - 16:15	135 cm					16:00 - 16:15	75 cm					16:00 - 16:15	75 cm					16:00 - 16:15	125 cm					16:00 - 16:15	135 cm					16:00 - 16:15	135 cm				
16:15 - 16:30	135 cm					16:15 - 16:30	135 cm					16:15 - 16:30	75 cm					16:15 - 16:30	75 cm					16:15 - 16:30	125 cm					16:15 - 16:30	135 cm					16:15 - 16:30	135 cm				
16:30 - 16:45	55 cm					16:30 - 16:45	135 cm					16:30 - 16:45	95 cm					16:30 - 16:45	95 cm					16:30 - 16:45	125 cm					16:30 - 16:45	135 cm					16:30 - 16:45	135 cm				
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17:30 - 17:45	65 cm	ZWEM-SCHOO L				17:30 - 17:45	135 cm					17:30 - 17:45	135 cm					17:30 - 17:45	135 cm					17:30 - 17:45	125 cm					17:30 - 17:45	135 cm					17:30 - 17:45	135 cm				
17:45 - 18:00	75 cm					17:45 - 18:00	135 cm					17:45 - 18:00	135 cm					17:45 - 18:00	135 cm					17:45 - 18:00	125 cm					17:45 - 18:00	135 cm										

# BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 16/03/2026					DINSDAG 17/03/2026					WOENSDAG 18/03/2026					DONDERDAG 19/03/2026					VRIJDAG 20/03/2026					ZATERDAG 21/03/2026					ZONDAG 22/03/2026									
		BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4
8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm				
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9:00	9:15	123 cm					9:00	9:15	75 cm					9:00	9:15	75 cm					9:00	9:15	123 cm					9:00	9:15	55 cm					9:00	9:15	135 cm				
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10:00	10:15	123 cm					10:00	10:15	75 cm					10:00	10:15	135 cm					10:00	10:15	125 cm					10:00	10:15	65 cm					10:00	10:15	135 cm				
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11:15	11:30	123 cm					11:15	11:30	75 cm					11:15	11:30	135 cm					11:15	11:30	125 cm					11:15	11:30	75 cm					11:15	11:30	135 cm				
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15:00	15:15	135 cm					15:00	15:15	135 cm					15:00	15:15	65 cm					15:00	15:15	125 cm					15:00	15:15	2 m					15:00	15:15	135 cm				
15:15	15:30	135 cm					15:15	15:30	135 cm					15:15	15:30	65 cm					15:15	15:30	125 cm					15:15	15:30	2 m					15:15	15:30	135 cm				
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15:45	16:00	135 cm					15:45	16:00	135 cm					15:45	16:00	75 cm					15:45	16:00	125 cm					15:45	16:00	2 m					15:45	16:00	135 cm				
16:00	16:15	135 cm					16:00	16:15	135 cm					16:00	16:15	75 cm					16:00	16:15	125 cm					16:00	16:15	2 m					16:00	16:15	135 cm				
16:15	16:30	135 cm					16:15	16:30	135 cm					16:15	16:30	75 cm					16:15	16:30	125 cm					16:15	16:30	2 m					16:15	16:30	135 cm				
16:30	16:45	55 cm					16:30	16:45	135 cm					16:30	16:45	95 cm					16:30	16:45	125 cm					16:30	16:45	2 m					16:30	16:45	135 cm				
16:45	17:00	55 cm					16:45	17:00	135 cm					16:45	17:00	95 cm					16:45	17:00	125 cm					16:45	17:00	2 m					16:45	17:00	135 cm				
17:00	17:15	65 cm					17:00	17:15	135 cm					17:00	17:15	95 cm					17:00	17:15	125 cm					17:00	17:15	2 m					17:00	17:15	135 cm				
17:15	17:30	65 cm					17:15	17:30	135 cm					17:15	17:30	135 cm					17:15	17:30	125 cm					17:15	17:30	2 m					17:15	17:30	135 cm				
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17:45	18:00	75 cm					17:45	18:00	135 cm					17:45	18:00	135 cm					17:45	18:00	125 cm					17:45	18:00	2 m					17:45	18:00	135 cm				
18:00	18:15	75 cm					18:00	18:15	2 m					18:00	18:15	135 cm					18:00	18:15	125 cm					18:00	18:15	2 m					18:00	18:15	135 cm				
18:15	18:30	75 cm					18:15	18:30	2 m					18:15	18:30	135 cm					18:15	18:30	125 cm					18:15	18:30	2 m					18:15	18:30	135 cm				
18:30	18:45	75 cm					18:30	18:45	2 m					18:30	18:45	135 cm					18:30	18:45	125 cm					18:30	18:45	2 m					18:30	18:45	135 cm				
18:45	19:00	125 cm					18:45	19:00	2 m					18:45	19:00	135 cm					18:45	19:0																			

# BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 23/03/2026					DINSDAG 24/03/2026					WOENSDAG 25/03/2026					DONDERDAG 26/03/2026					VRIJDAG 27/03/2026					ZATERDAG 28/03/2026					ZONDAG 29/03/2026									
		BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4
8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm				
8:15	8:30	123 cm					8:15	8:30	135 cm					8:15	8:30	135 cm					8:15	8:30	123 cm					8:15	8:30	135 cm					8:15	8:30	135 cm				
8:30	8:45	123 cm					8:30	8:45	135 cm					8:30	8:45	135 cm					8:30	8:45	123 cm					8:30	8:45	135 cm					8:30	8:45	135 cm				
8:45	9:00	123 cm					8:45	9:00	135 cm					8:45	9:00	135 cm					8:45	9:00	123 cm					8:45	9:00	135 cm					8:45	9:00	135 cm				
9:00	9:15	123 cm					9:00	9:15	75 cm					9:00	9:15	75 cm					9:00	9:15	123 cm					9:00	9:15	135 cm					9:00	9:15	2 m				
9:15	9:30	123 cm					9:15	9:30	75 cm					9:15	9:30	75 cm					9:15	9:30	123 cm					9:15	9:30	135 cm					9:15	9:30	2 m				
9:30	9:45	123 cm					9:30	9:45	75 cm					9:30	9:45	75 cm					9:30	9:45	123 cm					9:30	9:45	135 cm					9:30	9:45	2 m				
9:45	10:00	123 cm					9:45	10:00	75 cm					9:45	10:00	135 cm					9:45	10:00	123 cm					9:45	10:00	135 cm					9:45	10:00	2 m				
10:00	10:15	123 cm					10:00	10:15	75 cm					10:00	10:15	135 cm					10:00	10:15	125 cm					10:00	10:15	135 cm					10:00	10:15	2 m				
10:15	10:30	123 cm					10:15	10:30	75 cm					10:15	10:30	135 cm					10:15	10:30	125 cm					10:15	10:30	135 cm					10:15	10:30	2 m				
10:30	10:45	123 cm					10:30	10:45	75 cm					10:30	10:45	135 cm					10:30	10:45	125 cm					10:30	10:45	135 cm					10:30	10:45	2 m				
10:45	11:00	123 cm					10:45	11:00	75 cm					10:45	11:00	135 cm					10:45	11:00	125 cm					10:45	11:00	135 cm					10:45	11:00	2 m				
11:00	11:15	123 cm					11:00	11:15	75 cm					11:00	11:15	135 cm					11:00	11:15	125 cm					11:00	11:15	135 cm					11:00	11:15	135 cm				
11:15	11:30	123 cm					11:15	11:30	75 cm					11:15	11:30	135 cm					11:15	11:30	125 cm					11:15	11:30	135 cm					11:15	11:30	135 cm				
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11:45	12:00	135 cm					11:45	12:00	75 cm					11:45	12:00	135 cm					11:45	12:00	125 cm					11:45	12:00	135 cm					11:45	12:00	135 cm				
12:00	12:15	135 cm					12:00	12:15	120 cm					12:00	12:15	135 cm					12:00	12:15	125 cm					12:00	12:15	135 cm					12:00	12:15	135 cm				
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15:15	15:30	135 cm					15:15	15:30	135 cm					15:15	15:30	135 cm					15:15	15:30	125 cm					15:15	15:30	135 cm					15:15	15:30	135 cm				
15:30	15:45	135 cm					15:30	15:45	135 cm					15:30	15:45	135 cm					15:30	15:45	125 cm					15:30	15:45	135 cm					15:30	15:45	135 cm				
15:45	16:00	135 cm					15:45	16:00	135 cm					15:45	16:00	135 cm					15:45	16:00	125 cm					15:45	16:00	135 cm					15:45	16:00	135 cm				
16:00	16:15	135 cm					16:00	16:15	135 cm					16:00	16:15	135 cm					16:00	16:15	125 cm					16:00	16:15	135 cm					16:00	16:15	135 cm				
16:15	16:30	135 cm					16:15	16:30	135 cm					16:15	16:30	135 cm					16:15	16:30	125 cm					16:15	16:30	135 cm					16:15	16:30	135 cm				
16:30	16:45	135 cm					16:30	16:45	135 cm					16:30	16:45	135 cm					16:30	16:45	125 cm					16:30	16:45	135 cm					16:30	16:45	135 cm				
16:45	17:00	135 cm					16:45	17:00	135 cm					16:45	17:00	135 cm					16:45	17:00	125 cm					16:45	17:00	135 cm					16:45	17:00	135 cm				
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17:15	17:30	135 cm					17:15	17:30	135 cm					17:15	17:30	135 cm					17:15	17:30	125 cm					17:15	17:30	135 cm					17:15	17:30	135 cm				
17:30	17:45	135 cm					17:30	17:45	135 cm					17:30	17:45	135 cm					17:30	17:45	125 cm					17:30	17:45	135 cm					17:30	17:45	135 cm				
17:45	18:00	135 cm					17:45	18:00	135 cm					17:45	18:00	135 cm					17:45	18:00	125 cm					17:45	18:00	135 cm					17:45	18:00	135 cm				
18:00	18:15	135 cm					18:00	18:15	2 m					18:00	18:15	135 cm					18:00	18:15	135 cm					18:00	18:15	135 cm					18:00	18:15	135 cm				
18:15	18:30	135 cm					18:15	18:30	2 m					18:15	18:30	135 cm					18:15	18:30	125 cm					18:15	18:30	135 cm					18:15	18:30	135 cm				
18:30	18:45	135 cm					18:30	18:45	2 m					18:30	18:45	135 cm					18:30	18:45	135 cm					18:30	18:45	135 cm					18:30	18:45	135 cm				
18:45	19:00	125 cm					18:45	19:00	2 m					18:45</																											

# BANENPLANNING SPORTOASE

BEGIN - EIND		MAANDAG 30/03/2026					DINSDAG 31/03/2026					WOENSDAG 01/04/2026					DONDERDAG 02/04/2026					VRIJDAG 03/04/2026					ZATERDAG 04/04/2026					ZONDAG 05/04/2026										
		BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5	BEGIN - EIND	BODEM	1	2	3	4	5
8:00	8:15	123 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	135 cm					8:00	8:15	123 cm					8:00	8:15	135 cm					
8:15	8:30	123 cm					8:15	8:30	135 cm					8:15	8:30	135 cm					8:15	8:30	123 cm					8:15	8:30	135 cm					8:15	8:30	135 cm					
8:30	8:45	123 cm					8:30	8:45	135 cm					8:30	8:45	135 cm					8:30	8:45	123 cm					8:30	8:45	135 cm					8:30	8:45	135 cm					
8:45	9:00	123 cm					8:45	9:00	135 cm					8:45	9:00	135 cm					8:45	9:00	123 cm					8:45	9:00	135 cm					8:45	9:00	135 cm					
9:00	9:15	123 cm					9:00	9:15	75 cm					9:00	9:15	75 cm					9:00	9:15	123 cm					9:00	9:15	135 cm					9:00	9:15	135 cm					
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9:30	9:45	123 cm					9:30	9:45	75 cm					9:30	9:45	75 cm					9:30	9:45	123 cm					9:30	9:45	135 cm					9:30	9:45	135 cm					
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10:00	10:15	123 cm					10:00	10:15	75 cm					10:00	10:15	135 cm					10:00	10:15	125 cm					10:00	10:15	135 cm					10:00	10:15	135 cm					
10:15	10:30	123 cm					10:15	10:30	75 cm					10:15	10:30	135 cm					10:15	10:30	125 cm					10:15	10:30	135 cm					10:15	10:30	135 cm					
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10:45	11:00	123 cm					10:45	11:00	75 cm					10:45	11:00	135 cm					10:45	11:00	125 cm					10:45	11:00	135 cm					10:45	11:00	135 cm					
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12:00	12:15	135 cm					12:00	12:15	120 cm					12:00	12:15	135 cm					12:00	12:15	125 cm					12:00	12:15	135 cm					12:00	12:15	135 cm					
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12:30	12:45	135 cm					12:30	12:45	120 cm					12:30	12:45	135 cm					12:30	12:45	125 cm					12:30	12:45	135 cm					12:30	12:45	135 cm					
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13:00	13:15	75 cm					13:00	13:15	120 cm					13:00	13:15	135 cm					13:00	13:15	125 cm					13:00	13:15	135 cm					13:00	13:15	135 cm					
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18:00	18:15	135 cm					18:00	18:15	2 m					18:00	18:15	135 cm					18:00	18:15	135 cm					18:00	18:15	135 cm					18:00	18:15	135 cm					
18:15	18:30	135 cm					18:15	18:30	2 m					18:15	18:30	135 cm					18:15	18:30	125 cm					18:15	18:30	135 cm					18:15	18:30	135 cm					
18:30	18:45	135 cm					18:30	18:45	2 m					18:30	18:45	135 cm					18:30	18:45	125 cm					18:30														



