

# 28 jun - 4 jul 2026

| Tid   | Søn 28 | Man 29 | Tir 30 | Ons 1 | Tor 2 | Fre 3 | Lør 4 |
|-------|--------|--------|--------|-------|-------|-------|-------|
| 06:00 |        |        |        |       |       |       |       |
| 07:00 |        |        |        |       |       |       |       |
| 08:00 |        |        |        |       |       |       |       |
| 09:00 |        |        |        |       |       |       |       |
| 10:00 |        |        |        |       |       |       |       |
| 11:00 |        |        |        |       |       |       |       |
| 12:00 |        |        |        |       |       |       |       |
| 13:00 |        |        |        |       |       |       |       |
| 14:00 |        |        |        |       |       |       |       |
| 15:00 |        |        |        |       |       |       |       |
| 16:00 |        |        |        |       |       |       |       |
| 17:00 |        |        |        |       |       |       |       |
| 18:00 |        |        |        |       |       |       |       |
| 19:00 |        |        |        |       |       |       |       |
| 20:00 |        |        |        |       |       |       |       |
| 21:00 |        |        |        |       |       |       |       |

# 5 - 11 juli 2026

| Tid   | Søn 5 | Man 6 | Tir 7 | Ons 8 | Tor 9 | Fre 10 | Lør 11 |
|-------|-------|-------|-------|-------|-------|--------|--------|
| 06:00 |       |       |       |       |       |        |        |
| 07:00 |       |       |       |       |       |        |        |
| 08:00 |       |       |       |       |       |        |        |
| 09:00 |       |       |       |       |       |        |        |
| 10:00 |       |       |       |       |       |        |        |
| 11:00 |       |       |       |       |       |        |        |
| 12:00 |       |       |       |       |       |        |        |
| 13:00 |       |       |       |       |       |        |        |
| 14:00 |       |       |       |       |       |        |        |
| 15:00 |       |       |       |       |       |        |        |
| 16:00 |       |       |       |       |       |        |        |
| 17:00 |       |       |       |       |       |        |        |
| 18:00 |       |       |       |       |       |        |        |
| 19:00 |       |       |       |       |       |        |        |
| 20:00 |       |       |       |       |       |        |        |
| 21:00 |       |       |       |       |       |        |        |

# 12 - 18 juli 2026

| Tid   | Søn 12 | Man 13 | Tir 14 | Ons 15 | Tor 16 | Fre 17 | Lør 18 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
| 13:00 |        |        |        |        |        |        |        |
| 14:00 |        |        |        |        |        |        |        |
| 15:00 |        |        |        |        |        |        |        |
| 16:00 |        |        |        |        |        |        |        |
| 17:00 |        |        |        |        |        |        |        |
| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 19 - 25 juli 2026

| Tid   | Søn 19 | Man 20 | Tir 21 | Ons 22 | Tor 23 | Fre 24 | Lør 25 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
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| 14:00 |        |        |        |        |        |        |        |
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| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 26 jul - 1 aug 2026

| Tid   | Søn 26 | Man 27 | Tir 28 | Ons 29 | Tor 30 | Fre 31 | Lør 1 |
|-------|--------|--------|--------|--------|--------|--------|-------|
| 06:00 |        |        |        |        |        |        |       |
| 07:00 |        |        |        |        |        |        |       |
| 08:00 |        |        |        |        |        |        |       |
| 09:00 |        |        |        |        |        |        |       |
| 10:00 |        |        |        |        |        |        |       |
| 11:00 |        |        |        |        |        |        |       |
| 12:00 |        |        |        |        |        |        |       |
| 13:00 |        |        |        |        |        |        |       |
| 14:00 |        |        |        |        |        |        |       |
| 15:00 |        |        |        |        |        |        |       |
| 16:00 |        |        |        |        |        |        |       |
| 17:00 |        |        |        |        |        |        |       |
| 18:00 |        |        |        |        |        |        |       |
| 19:00 |        |        |        |        |        |        |       |
| 20:00 |        |        |        |        |        |        |       |
| 21:00 |        |        |        |        |        |        |       |