

Link 3

June 2024

Wk	Total	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
1	33:17	05:26	12:57	4001	07:31	05:27	13:56	12	08:29			FD				*FD		05:27	13:56	12	08:29	04:52	13:40	6	08:48			FD	
2	35:36			FD				FD				FD		14:12	23:10	AO	08:58	15:51	00:41	57	08:50	14:38	23:36	AO	08:58	15:50	00:40	2065	08:50
3	33:55			FD				FD		04:56	13:28	8	08:32	04:28	13:28	501	09:00	04:49	13:16	4	08:27	04:29	12:25	1	07:56			FD	
4	36:49			FD		13:38	23:06	46	09:28	14:03	23:01	AO	08:58	14:01	22:59	AO	08:58			*FD				FD		13:03	22:28	2041	09:25
5	36:26	12:39	21:54	4026	09:15			FD				FD				FD		07:00	16:15	RB	09:15	06:26	15:24	AO	08:58	06:04	15:02	AO	08:58
6	34:09	05:32	14:27	4002	08:55	04:49	13:16	4	08:27			FD				FD		07:49	16:01	30	08:12	07:30	16:05	28	08:35			*FD	
7	36:16			FD				FD				FD		06:03	14:55	18	08:52	06:04	15:02	AO	08:58	06:06	15:04	AO	08:58	06:03	15:31	2014	09:28
8	34:43			FD				FD		13:38	23:06	46	09:28	13:15	22:13	AO	08:58	14:00	22:58	AO	08:58	13:54	21:13	49	07:19			FD	
9	32:46			FD		05:52	14:24	17	08:32	06:06	15:04	AO	08:58	05:27	11:45	13	06:18			FD				*FD		15:00	23:58	AO	08:58
10	33:55	14:48	23:27	4038	08:39	16:45	00:48	64	08:03	15:04	00:02	AO	08:58			FD				FD				FD		10:50	19:05	2030	08:15
11	35:39	09:05	18:03	AO	08:58	09:02	17:55	37	08:53			*FD				FD		07:30	16:28	AO	08:58	07:33	16:23	29	08:50			FD	
12	35:08			FD				FD				FD		15:00	23:58	AO	08:58	15:54	00:47	58	08:53	16:45	00:49	64	08:04	14:19	23:32	RB	09:13
13	34:15			FD				FD				FD		08:36	17:13	36	08:37	08:22	16:16	35	07:54	08:22	17:49	35	09:27	09:33	17:50	2038	08:17
14	36:48			*FD				FD		14:52	23:50	AO	08:58	13:54	23:16	49	09:22	14:01	22:59	AO	08:58	14:00	23:30	554	09:30			FD	
15	32:46			FD		04:56	13:28	8	08:32	06:02	15:00	AO	08:58	06:24	15:22	AO	08:58	05:27	11:45	13	06:18			*FD				FD	
16	37:26	14:21	23:51	4036	09:30	14:00	23:30	554	09:30			FD				FD		14:02	23:00	AO	08:58	13:38	23:06	46	09:28			FD	
17	29:41			FD				FD		04:30	10:30	2	06:00	06:01	14:59	AO	08:58	04:30	10:30	2	06:00	05:00	13:43	10	08:43			FD	
18	34:53			FD				*FD		15:17	00:25	54	09:08	15:51	00:41	57	08:50	16:07	00:04	59	07:57	14:30	23:28	AO	08:58			FD	
19	35:01			FD		11:45	20:58	38	09:13	11:52	20:40	39	08:48			FD				*FD		13:24	21:11	44	07:47	12:33	21:46	2042	09:13
20	34:19	13:48	21:13	4032	07:25	15:01	23:59	AO	08:58	15:15	00:13	AO	08:58			FD				FD				FD		06:22	15:20	AO	08:58
21	33:13	06:09	15:24	RB	09:15	04:30	10:30	2	06:00	04:28	13:28	501	09:00	06:02	15:00	AO	08:58			*FD				FD				FD	
22	36:12			FD				FD				FD		15:33	00:42	55	09:09	15:45	00:35	56	08:50	15:02	00:00	AO	08:58	14:20	23:35	2054	09:15
23	31:16			FD				*FD		04:52	13:40	6	08:48	04:29	12:25	1	07:56	04:56	13:28	8	08:32	04:30	10:30	2	06:00			FD	
24	35:02			FD		13:59	22:57	AO	08:58	16:07	00:04	59	07:57	16:18	00:58	61	08:40			FD				FD		06:01	15:28	2013	09:27
25	36:07	07:10	16:08	AO	08:58	06:17	15:43	20	09:26	06:50	15:05	23	08:15			*FD				FD				FD		13:22	22:50	2044	09:28
26	36:20	13:45	22:43	AO	08:58	13:54	23:16	49	09:22			*FD				FD		06:20	15:28	21	09:08	06:03	14:55	18	08:52			FD	
27	36:23			FD				FD				FD		07:27	16:25	AO	08:58	06:49	15:47	AO	08:58	06:53	15:51	AO	08:58	06:50	16:19	2021	09:29
28	36:25			FD				FD		15:00	23:58	AO	08:58	13:45	23:05	47	09:20	15:33	00:42	55	09:09	15:03	00:01	AO	08:58			FD	
29	35:44			FD		06:20	15:28	21	09:08	07:27	16:25	AO	08:58	07:52	16:40	31	08:48	07:33	16:23	29	08:50			*FD				FD	
30	36:43			FD		13:45	22:43	AO	08:58	14:58	23:56	AO	08:58	13:38	23:06	46	09:28			FD				FD		08:12	17:31	2029	09:19
31	34:48	08:35	17:33	AO	08:58	07:49	16:01	30	08:12	07:52	16:40	31	08:48	08:20	17:10	34	08:50			FD				FD				FD	
32	35:26			FD				FD				*FD		14:00	23:15	RB	09:15	14:35	23:33	AO	08:58	14:00	22:58	AO	08:58	13:50	22:05	2050	08:15
33	35:17	13:30	22:28	AO	08:58	13:24	21:11	44	07:47			FD				FD		12:24	21:43	41	09:19	12:45	21:58	43	09:13			*FD	
34	36:52			FD		12:45	22:13	43	09:28	12:25	21:23	AO	08:58	12:54	21:52	AO	08:58	13:38	23:06	46	09:28			FD				FD	
35	35:52	06:20	15:18	AO	08:58	06:07	15:05	AO	08:58	06:31	15:29	AO	08:58			FD				FD				FD		14:05	23:03	AO	08:58
36	35:53	14:09	22:57	4034	08:48	14:07	23:05	AO	08:58	15:33	00:42	55	09:09			*FD				FD				FD		06:01	14:59	AO	08:58
37	35:39	06:59	16:13	4011	09:14	06:30	15:28	AO	08:58	06:05	15:03	AO	08:58	05:27	13:56	12	08:29			FD				FD				*FD	
38	36:12			FD				FD				FD		11:45	20:58	38	09:13	11:52	20:40	39	08:48	11:45	20:58	38	09:13	11:42	20:40	2034	08:58
39	35:36			FD				FD		07:07	15:49	24	08:42	07:09	16:07	AO	08:58	06:24	15:22	AO	08:58	07:30	16:28	AO	08:58			FD	
40	35:29			*FD		16:14	01:44	505	09:30	15:06	00:04	AO	08:58	16:45	00:48	64	08:03			FD				FD		06:52	15:50	AO	08:58
41	35:07	06:39	15:38	4008	08:59	07:20	16:18	AO	08:58	07:49	16:01	30	08:12			FD				FD				FD		14:10	23:08	AO	08:58
42	36:22	15:51	00:49	AO	08:58	16:00	00:58	AO	08:58			FD				FD				FD		12:24	21:43	41	09:19	12:57	22:04	2040	09:07
43	31:26			FD				*FD		04:29	12:25	1	07:56	04:30	10:30	2	06:00	06:00	14:58	AO	08:58	04:56	13:28	8	08:32			FD	
44	34:13			FD		15:12	00:27	RB	09:15	16:45	00:48	64	08:03	16:07	00:04	59	07:57	15:31	00:29	AO	08:58			FD				FD	
45	33:41			*FD		04:28	13:28	501	09:00	05:27	11:45	13	06:18			FD				FD		13:59	22:57	AO	08:58	15:30	00:55	2064	09:25
46	36:11	15:02	00:24	4040	09:22	14:31	23:29	AO	08:58	15:54	00:47	58	08:53			FD				FD				FD		08:22	17:20	AO	08:58
47	35:06	08:27	17:27	4020	09:00			*FD				FD				FD		05:47	13:32	16	07:45	06:20	15:28	21	09:08	07:30	16:43	2025	09:13
48	33:37			FD				FD				FD		06:06	15:04	AO	08:58	04:29	12:25	1	07:56	05:47	13:32	16	07:45	06:05	15:03	AO	08:58