

Link 3

28th July 2024

Wk	Total	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
1	33:14	05:26	12:57	4001	07:31	05:27	13:56	12	08:29			RD				*RD		06:50	15:05	23	08:15	06:26	15:25	AO	08:59			RD	
2	35:41			RD				RD				RD		14:12	23:11	AO	08:59	15:54	00:47	58	08:53	14:38	23:37	AO	08:59	15:50	00:40	2065	08:50
3	32:22			RD				RD		04:56	13:28	8	08:32	04:28	13:28	501	09:00	05:27	11:45	13	06:18	05:52	14:24	17	08:32			RD	
4	34:14			RD		14:22	21:13	48	06:51	14:03	23:02	AO	08:59	14:01	23:00	AO	08:59			*RD				RD		13:03	22:28	2041	09:25
5	35:31	12:39	21:54	4026	09:15			RD				RD				RD		07:00	15:30	RB	08:30	04:52	13:40	6	08:48	04:30	13:28	2003	08:58
6	34:20	05:32	14:27	4002	08:55	04:56	13:28	8	08:32			RD				RD		08:22	16:16	35	07:54	07:30	16:29	AO	08:59			*RD	
7	35:58			RD				RD				RD		05:52	14:24	17	08:32	06:04	15:03	AO	08:59	06:06	15:05	AO	08:59	06:03	15:31	2014	09:28
8	33:48			RD				RD		14:22	21:13	48	06:51	14:02	23:01	AO	08:59	14:00	22:59	AO	08:59	13:59	22:58	AO	08:59			RD	
9	32:31			RD		04:31	12:46	4	08:15	06:02	15:01	AO	08:59	05:27	11:45	13	06:18			RD				*RD		15:00	23:59	AO	08:59
10	33:56	14:48	23:27	4038	08:39	16:45	00:48	64	08:03	15:04	00:03	AO	08:59			RD				RD				RD		10:50	19:05	2030	08:15
11	35:06	09:05	18:04	AO	08:59	09:02	17:55	37	08:53			*RD				RD		07:02	16:01	AO	08:59	06:50	15:05	23	08:15			RD	
12	35:36			RD				RD				RD		15:00	23:59	AO	08:59	14:37	23:28	50	08:51	14:54	00:10	52	09:16	14:19	22:49	RB	08:30
13	34:44			RD				RD				RD		07:52	16:40	31	08:48	07:49	16:01	30	08:12	08:22	17:49	35	09:27	09:33	17:50	2038	08:17
14	36:50			*RD				RD		14:52	23:51	AO	08:59	13:54	23:16	49	09:22	14:01	23:00	AO	08:59	14:00	23:30	554	09:30			RD	
15	35:38			RD		05:52	14:24	17	08:32	06:06	15:05	AO	08:59	06:02	15:01	AO	08:59	06:20	15:28	21	09:08			*RD				RD	
16	36:58	14:21	23:51	4036	09:30	14:00	23:30	554	09:30			RD				RD		14:02	23:01	AO	08:59	14:07	23:06	AO	08:59			RD	
17	33:29			RD				*RD		05:52	14:24	17	08:32	06:06	15:05	AO	08:59	04:52	12:07	7	07:15	05:00	13:43	10	08:43			RD	
18	35:25			RD				RD		15:15	00:14	AO	08:59	14:54	00:10	52	09:16	16:07	00:04	59	07:57	15:54	01:07	58	09:13			RD	
19	35:16			RD		11:45	20:58	38	09:13	11:52	20:40	39	08:48			RD				*RD		13:24	21:11	44	07:47	13:22	22:50	2044	09:28
20	34:39	13:48	21:13	4032	07:25	13:59	22:58	AO	08:59	14:54	00:10	52	09:16			RD				RD				RD		06:22	15:21	AO	08:59
21	35:37	06:09	14:40	RB	08:31	06:20	15:28	21	09:08	06:31	15:30	AO	08:59	06:24	15:23	AO	08:59			*RD				RD				RD	
22	36:52			RD				RD				RD		13:45	23:05	47	09:20	14:54	00:10	52	09:16	15:02	00:01	AO	08:59	14:20	23:37	2054	09:17
23	32:31			RD				*RD		04:52	13:40	6	08:48	04:29	12:25	1	07:56	04:56	13:28	8	08:32	04:52	12:07	7	07:15			RD	
24	34:35			RD		15:01	00:00	AO	08:59	16:07	00:04	59	07:57	16:18	00:58	61	08:40			RD				RD		06:04	15:03	AO	08:59
25	35:53	07:10	16:09	AO	08:59	06:17	15:43	20	09:26	06:50	15:05	23	08:15			*RD				RD				RD		12:33	21:46	2042	09:13
26	35:45	13:45	22:44	AO	08:59	13:54	23:16	49	09:22			*RD				RD		05:52	14:24	17	08:32	06:03	14:55	18	08:52			RD	
27	35:54			RD				RD				RD		07:30	16:05	28	08:35	06:49	15:48	AO	08:59	06:53	15:52	AO	08:59	06:22	15:43	2017	09:21
28	33:48			RD				RD		15:00	23:59	AO	08:59	14:22	21:13	48	06:51	14:35	23:34	AO	08:59	15:03	00:02	AO	08:59			RD	
29	35:03			RD		06:50	15:05	23	08:15	07:27	16:26	AO	08:59	07:27	16:26	AO	08:59	07:33	16:23	29	08:50			*RD				RD	
30	36:45			RD		13:45	22:44	AO	08:59	14:01	23:00	AO	08:59	13:38	23:06	46	09:28			RD				RD		08:12	17:31	2029	09:19
31	35:11	07:30	16:51	4016	09:21	07:49	16:01	30	08:12	07:52	16:40	31	08:48	08:20	17:10	34	08:50			RD				RD				RD	
32	32:36			RD				RD				*RD		14:00	22:31	RB	08:31	14:22	21:13	48	06:51	14:00	22:59	AO	08:59	13:50	22:05	2050	08:15
33	35:18	13:30	22:29	AO	08:59	13:24	21:11	44	07:47			RD				RD		12:24	21:43	41	09:19	12:45	21:58	43	09:13			*RD	
34	36:54			RD		12:45	22:13	43	09:28	12:25	21:24	AO	08:59	12:54	21:53	AO	08:59	13:38	23:06	46	09:28			RD				RD	
35	35:57	06:20	15:19	AO	08:59	06:07	15:06	AO	08:59	04:28	13:28	501	09:00			RD				RD				RD		14:05	23:04	AO	08:59
36	35:55	14:09	22:57	4034	08:48	14:07	23:06	AO	08:59	15:33	00:42	55	09:09			*RD				RD				RD		06:01	15:00	AO	08:59
37	35:12	06:39	15:38	4008	08:59	06:30	15:29	AO	08:59	06:05	15:04	AO	08:59	06:50	15:05	23	08:15			RD				RD				*RD	
38	36:04			RD				RD				RD		13:15	22:14	AO	08:59	13:00	21:59	AO	08:59	13:01	22:00	AO	08:59	12:54	22:01	2039	09:07
39	35:15			RD				RD		07:07	15:49	24	08:42	07:09	16:08	AO	08:59	07:30	16:29	AO	08:59	07:30	16:05	28	08:35			RD	
40	35:31			*RD		16:14	01:44	505	09:30	15:06	00:05	AO	08:59	16:45	00:48	64	08:03			RD				RD		06:52	15:51	AO	08:59
41	35:24	06:59	16:13	4011	09:14	07:20	16:19	AO	08:59	07:49	16:01	30	08:12			RD				RD				RD		14:10	23:09	AO	08:59
42	36:24	15:51	00:50	AO	08:59	16:00	00:59	AO	08:59			RD				RD				RD		12:24	21:43	41	09:19	12:57	22:04	2040	09:07
43	33:09			RD				*RD		04:29	12:25	1	07:56	05:27	13:56	12	08:29	06:00	14:59	AO	08:59	05:47	13:32	16	07:45			RD	
44	33:30			RD		15:12	23:43	RB	08:31	16:45	00:48	64	08:03	16:07	00:04	59	07:57	15:31	00:30	AO	08:59			RD				RD	
45	33:56			*RD		04:28	13:28	501	09:00	05:27	11:45	13	06:18			RD				RD		14:45	23:58	51	09:13	15:30	00:55	2064	09:25
46	36:13	15:02	00:24	4040	09:22	14:31	23:30	AO	08:59	15:54	00:47	58	08:53			RD				RD				RD		08:22	17:21	AO	08:59
47	35:06	08:27	17:27	4020	09:00			*RD				RD				RD		05:47	13:32	16	07:45	06:20	15:28	21	09:08	07:30	16:43	2025	09:13
48	34:26			RD				RD				RD		06:01	15:00	AO	08:59	04:29	12:25	1	07:56	04:56	13:28	8	08:32	06:05	15:04	AO	08:59