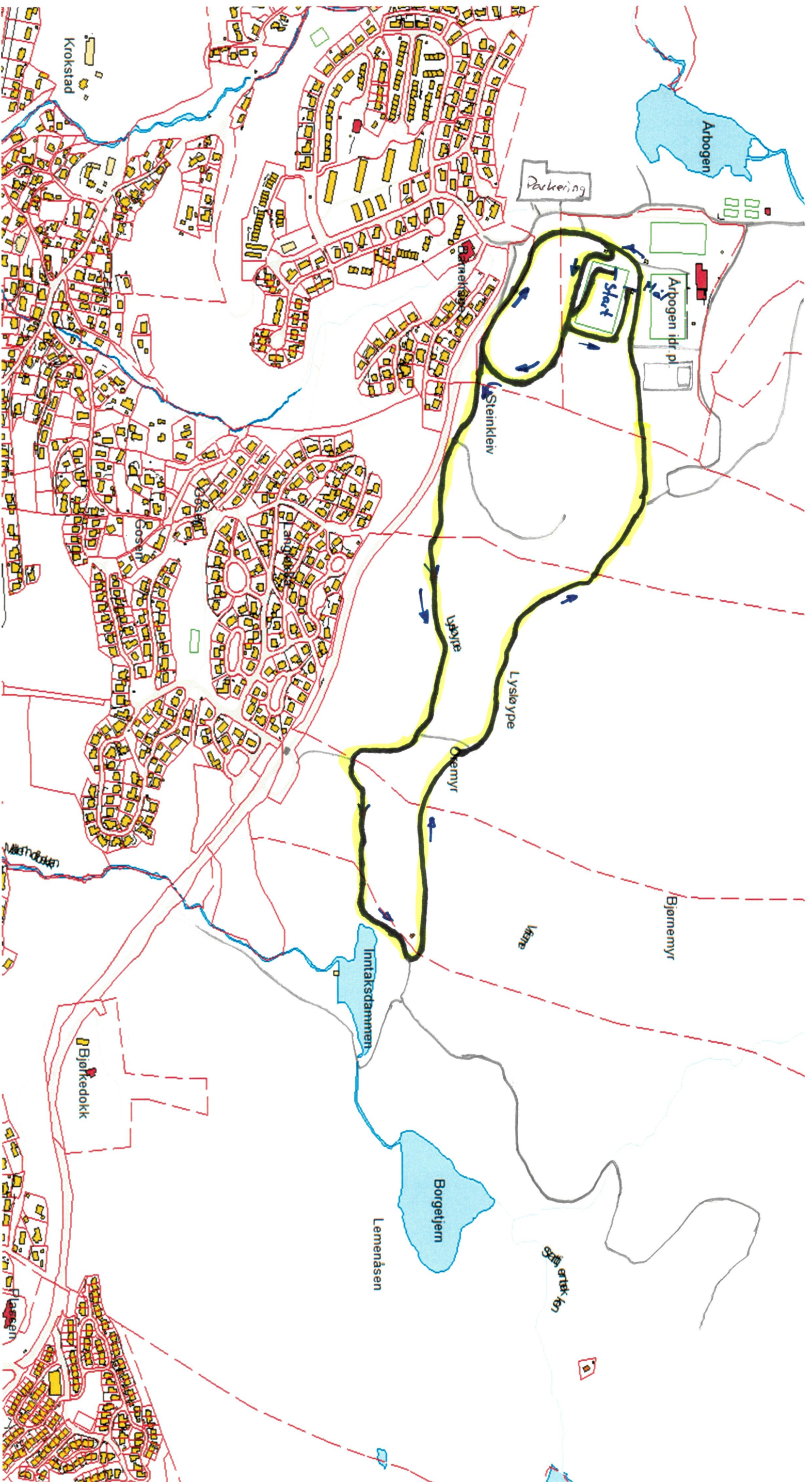


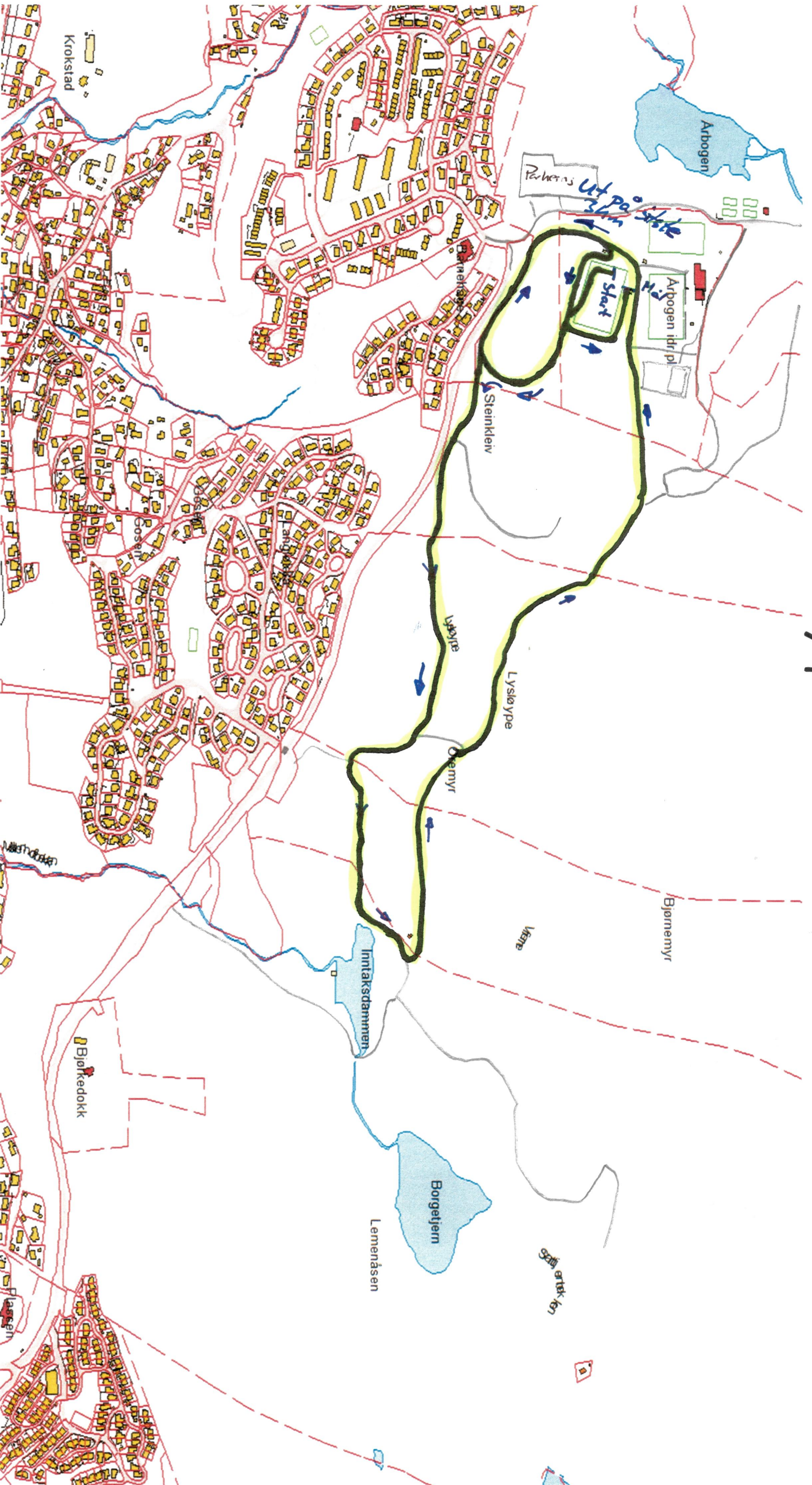
The map shows a coastal region with a residential area on the left, characterized by numerous yellow buildings. A large, irregularly shaped area is outlined in black, containing a smaller area outlined in purple labeled 'Stad'. Other labels include 'Krokstad', 'Arbogen', 'Steinkleiv', 'Lysløype', 'Orenmyr', 'Bjørkedokk', 'Borgerfjern', 'Lemenåsen', and 'Bjørkemyr'. A river or stream flows through the area, and a large body of water is visible on the right.

Løypekart 4 km



4 km (1 km + 3 km) Løper 1 runde i 1 km

Løypekart 7 km



7 km (1 km + 3 km + 3 km)