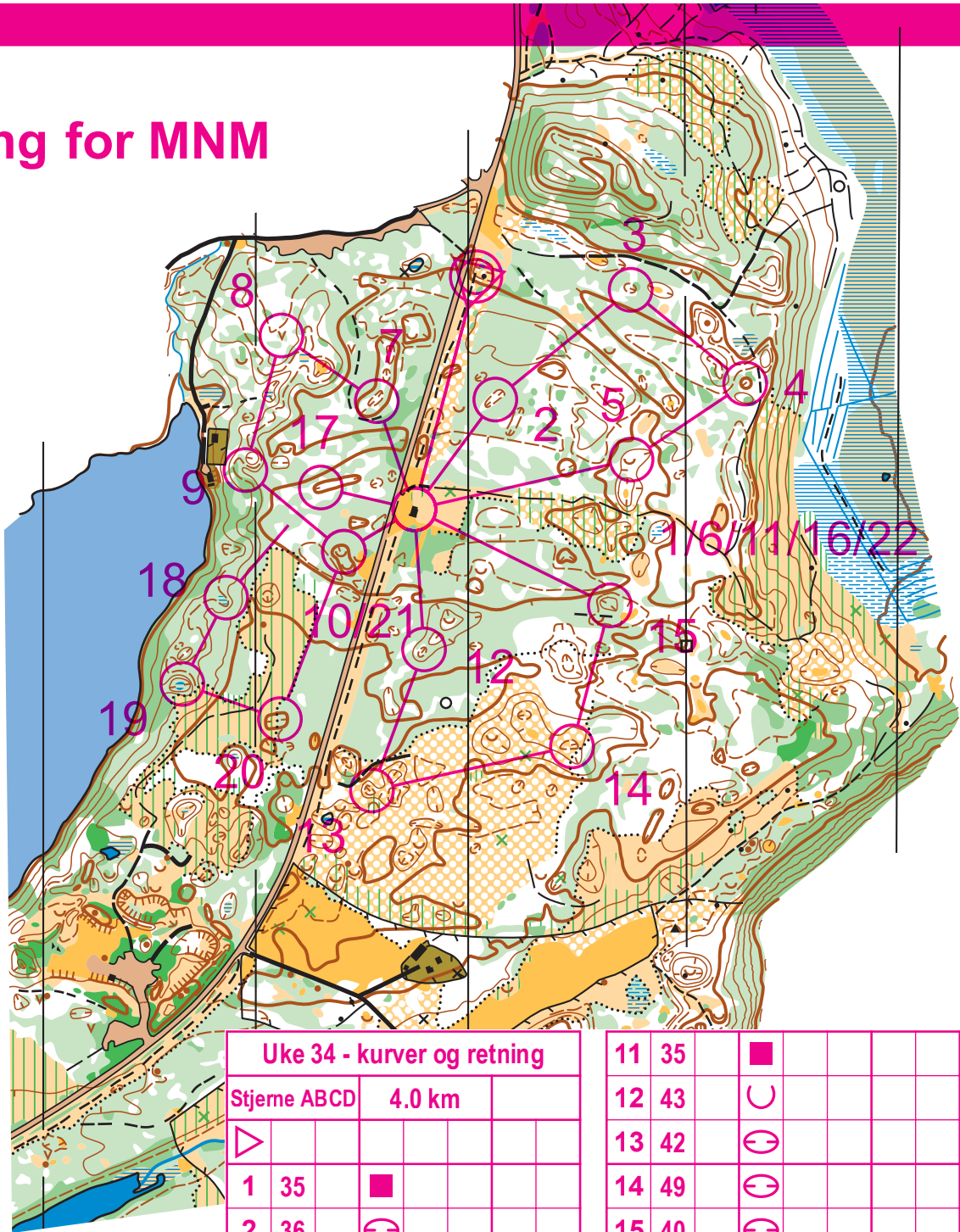


Trening for MNM



1:7 500

ABCD

Uke 34 - kurver og retning				
Stjerne ABCD		4.0 km		
▶				
1	35	■		
2	36	⊖		
3	37	⊖		
4	38	⊖		
5	39	⊂		
6	35	■		
7	34	⊖		
8	33	∨		
9	32	⌢		
10	31	⊂		

11	35	■		
12	43	⊂		
13	42	⊖		
14	49	⊖		
15	40	⊖		
16	35	■		
17	45	⊂		
18	46	⊖		
19	47	⊖		
20	48	⌢		
21	31	⊂		
22	35	■		
⊗	280 m			⊗