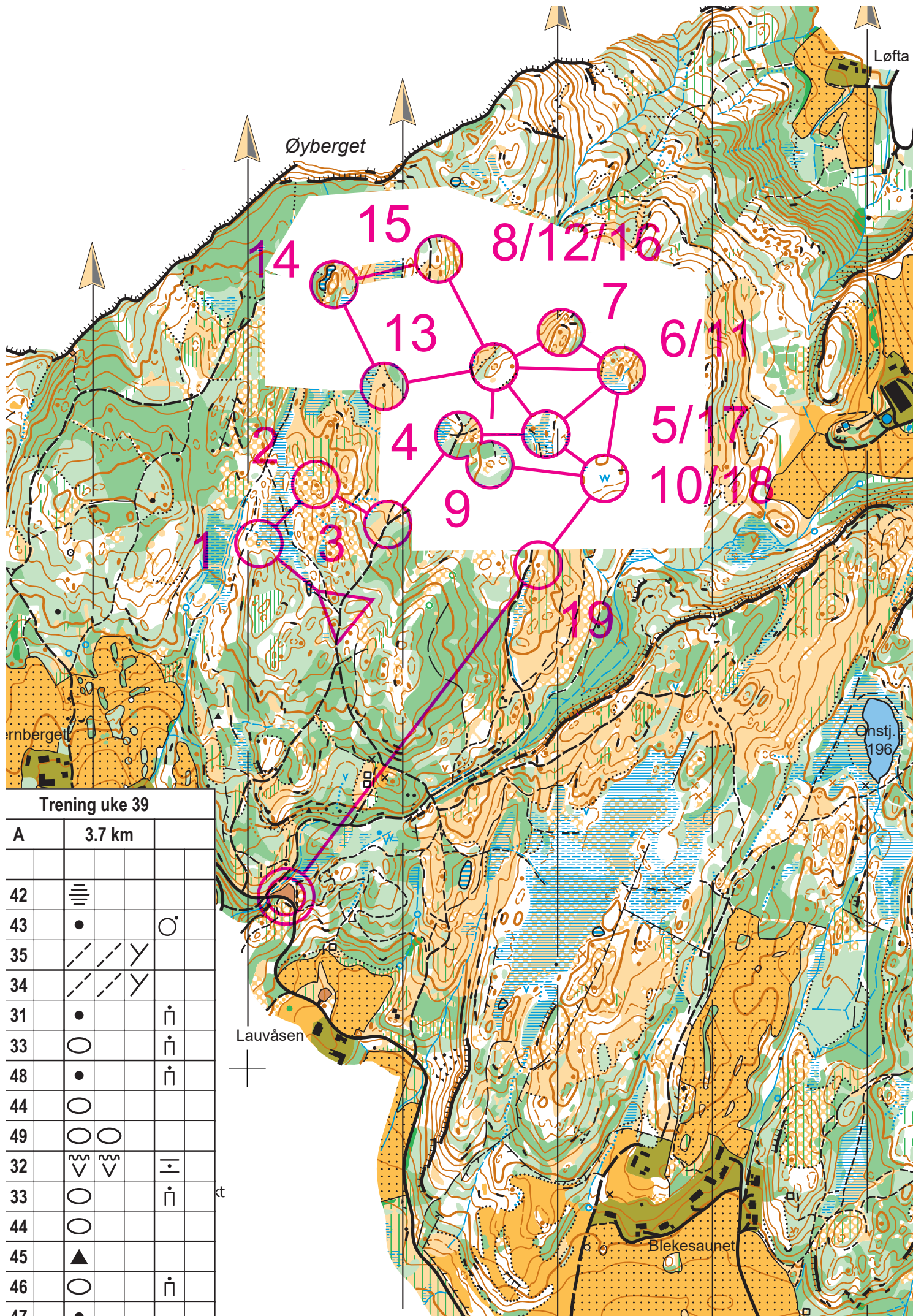
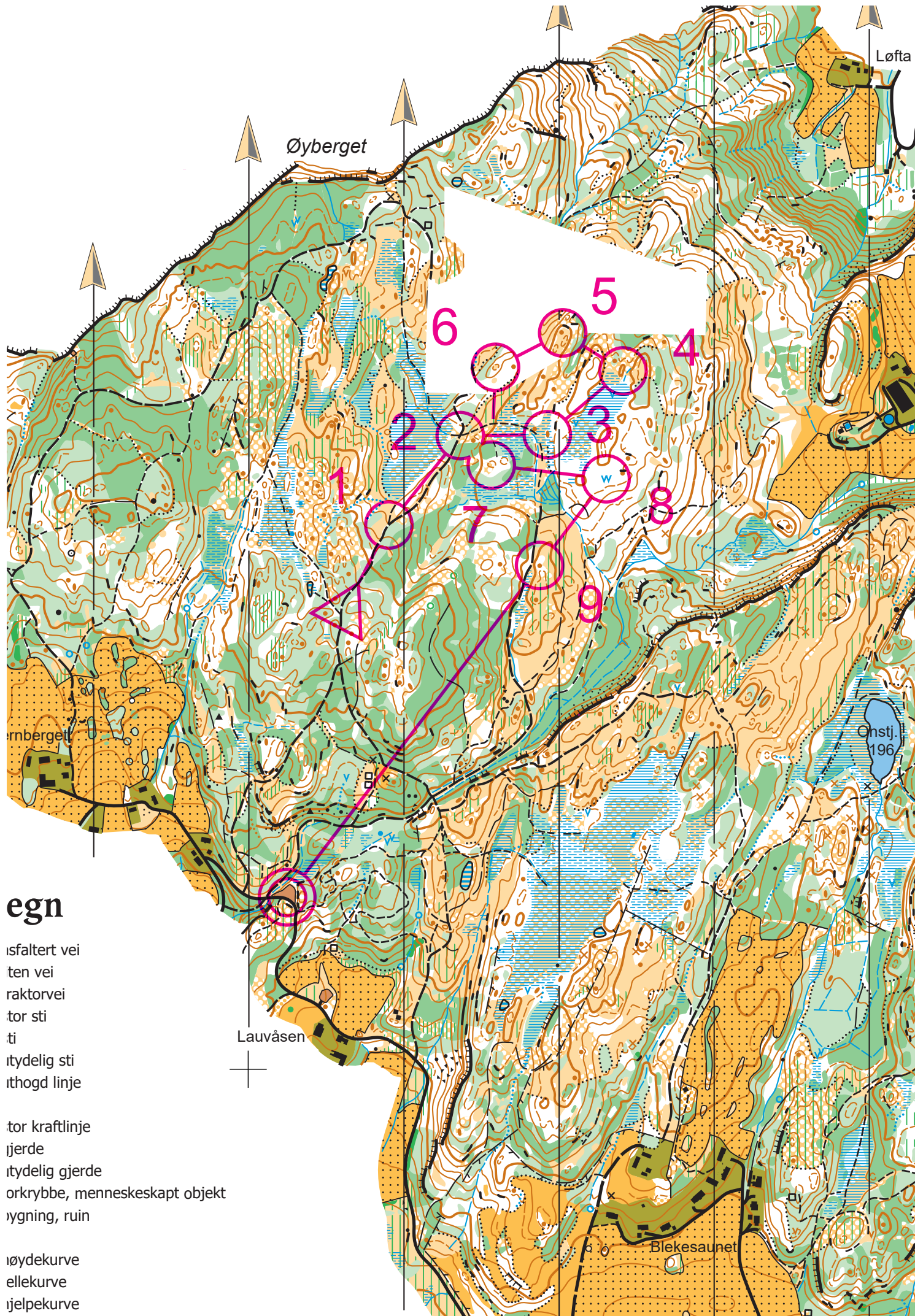




Trening uke 39

A	3.7 km		
42	≡		
43	•		○
35	⋈	⋈	⋈
34	⋈	⋈	⋈
31	•		◡
33	○		◡
48	•		◡
44	○		
49	○	○	
32	∇	∇	≡
33	○		◡
44	○		
45	▲		
46	○		◡
47	•		



egn

isfaltert vei
ten vei
raktorvei
tor sti
ti
tydelig sti
thogd linje

tor kraftlinje
jjerde
tydelig gjerde
orkrybbe, menneskeskapt objekt
ygning, ruin

øydekurve
ellekurve
jelpkurve