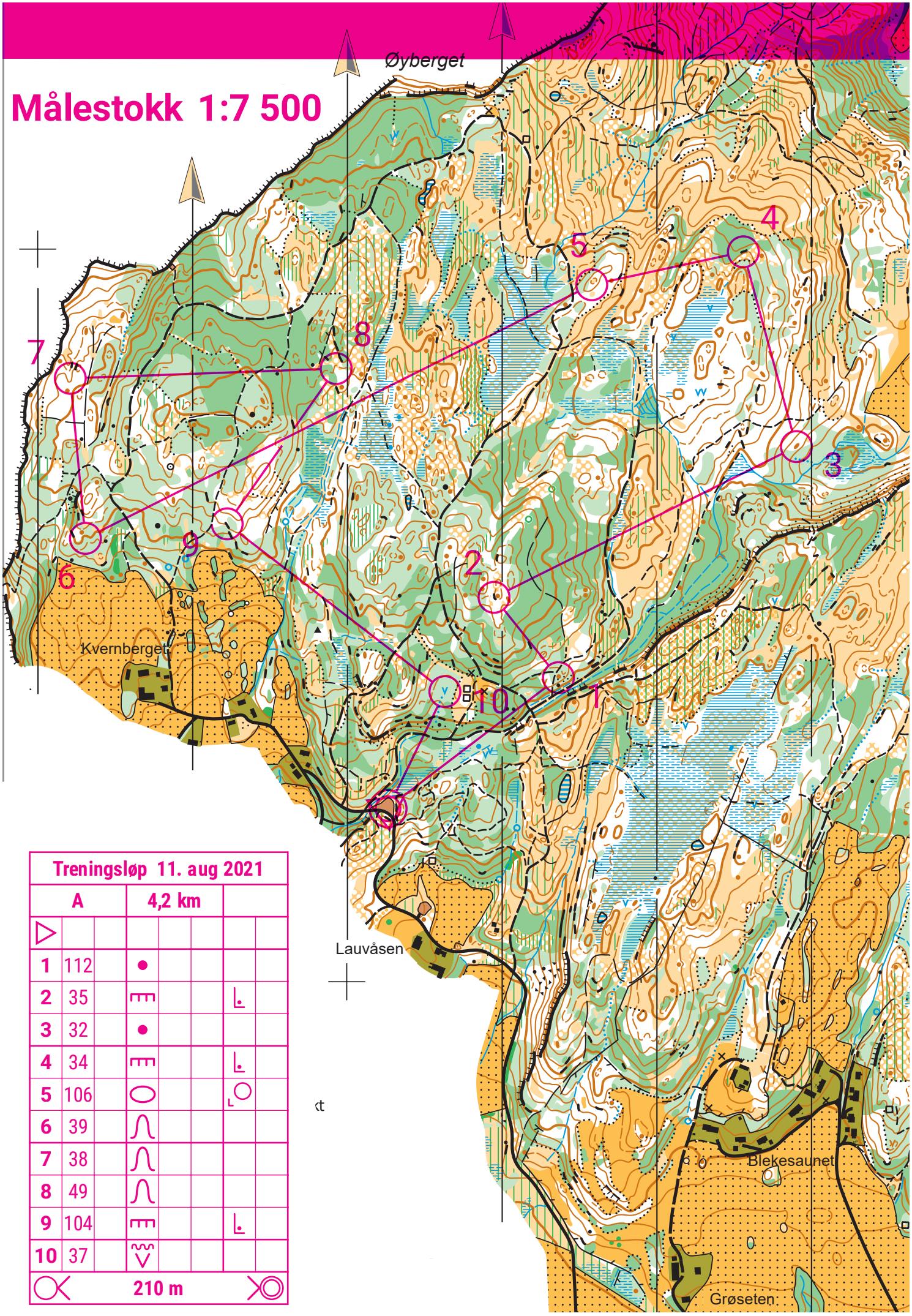

Treningsløp 11. aug 2021							
A			4,2 km				
▷							
1	112		●				
2	35		⊟			⌞	
3	32		●				
4	34		⊟			⌞	
5	106		○			⌞○	
6	39		∩				
7	38		∩				
8	49		∩				
9	104		⊟			⌞	
10	37		⩛				
210 m							