

# Treningsløp februar 2020

A-Lang

4,9 km

|    |    |      |   |     |   |   |
|----|----|------|---|-----|---|---|
| ▷  |    |      | ↗ | ↘   |   |   |
| 1  | 31 |      | ∩ |     |   |   |
| 2  | 32 |      | ● |     | Ħ |   |
| 3  | 33 | ←    | ≡ |     |   |   |
| 4  | 34 |      | ≡ |     |   |   |
| 5  | 35 | ↑    | ● |     | Ł |   |
| 6  | 36 |      | ≡ |     |   |   |
| 7  | 37 |      | ≡ |     |   |   |
| 8  | 38 |      | ● |     | Ł |   |
| 9  | 39 |      | ● |     | Ł |   |
| 10 | 40 |      | ● |     | Ł |   |
| 11 | 41 | ↓    | ≡ |     |   |   |
| 12 | 42 |      | ∩ |     |   |   |
| 13 | 43 |      | ∩ |     | Ħ |   |
| 14 | 44 |      | ▲ | 1.0 | Ł |   |
| 15 | 45 |      | ∩ |     | Ħ |   |
| 16 | 46 |      | ▲ |     | Ł |   |
| ○  | ×  | 70 m |   |     |   | ○ |

