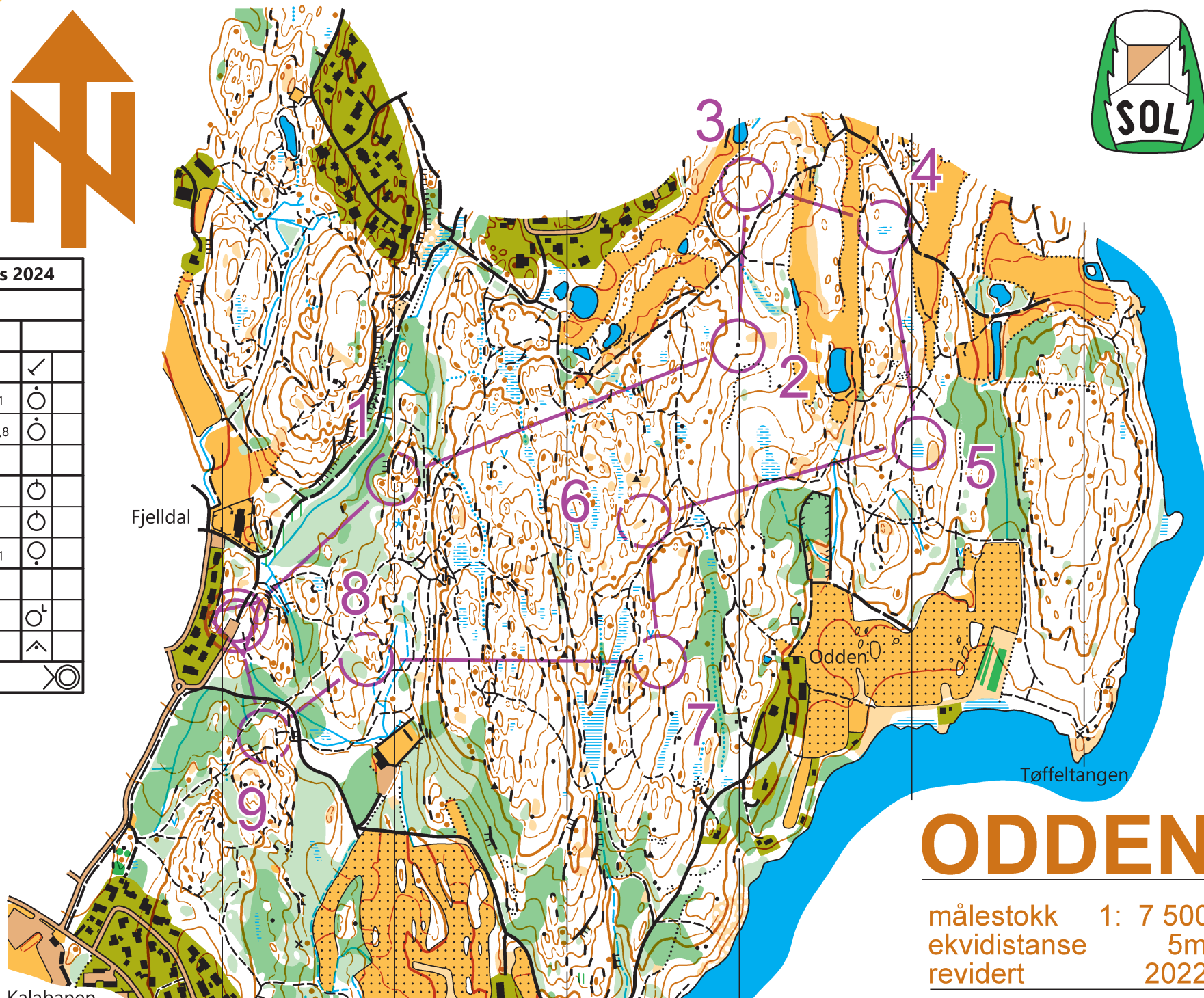




Treningsløp 9 mars 2024									
3 km									
2		3,0 km							
▷			/			✓			
1	83		▲		1	○			
2	87	↑	▲		0,8	○			
3	94		∩						
4	95		≡			○			
5	88		≡			○			
6	85		▲		1	○			
7	84		≡						
8	93		●			○			
9	96		○			○			
○		170 m		○					



ODDEN

målestokk 1: 7 500
ekvidistanse 5m
revidert 2022