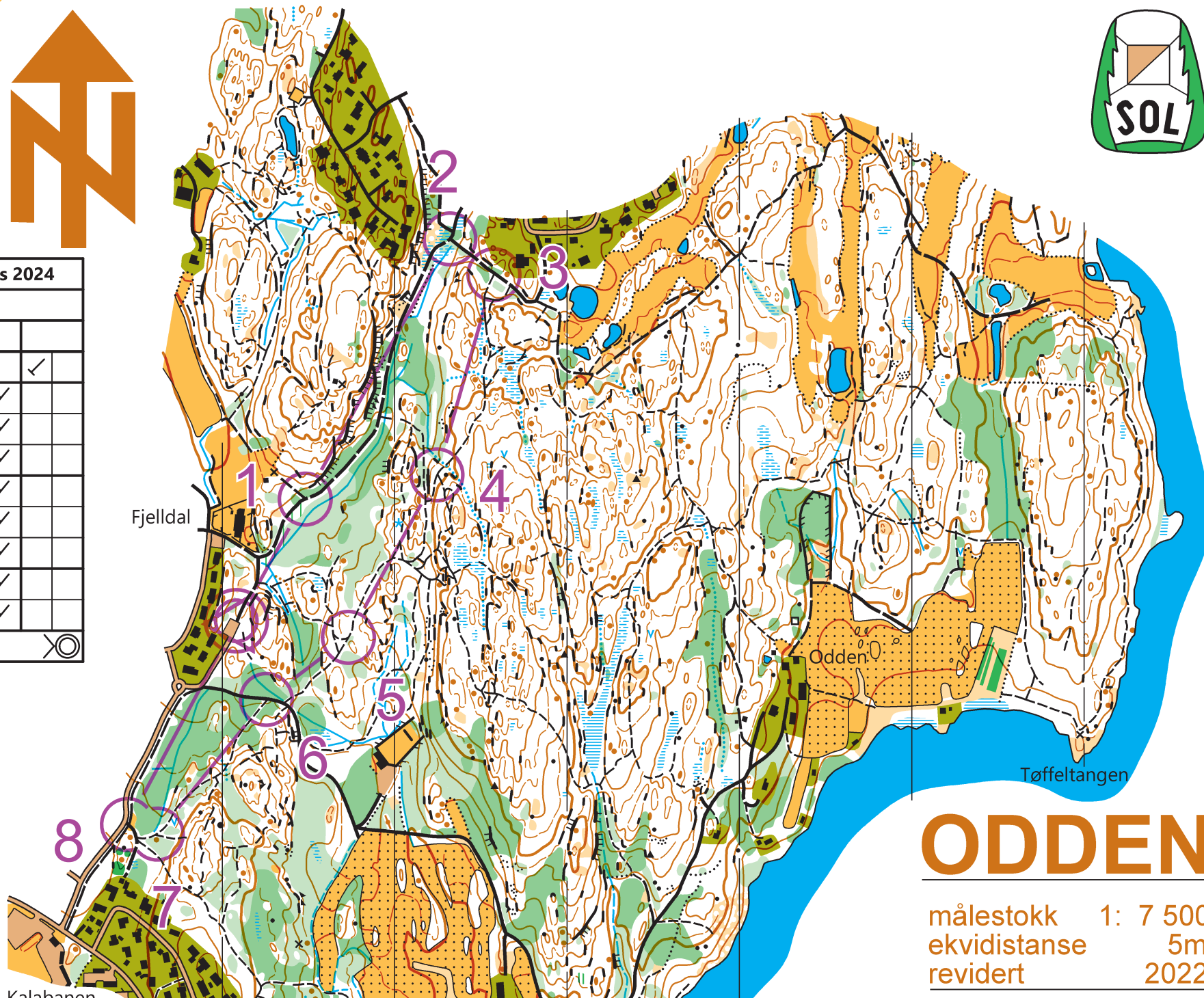




Treningsløp 9 mars 2024					
N-nivå					
3		2,1 km			
▷		/		✓	
1	31	/	/	✓	
2	32	↓	/	✓	
3	33	/	/	✓	
4	34	/	/	✓	
5	35	↗	/	✓	
6	36	/	/	✓	
7	37	/	/	✓	
8	38	/	/	✓	
○	340 m				○



ODDEN

målestokk 1: 7 500
ekvidistanse 5m
revidert 2022