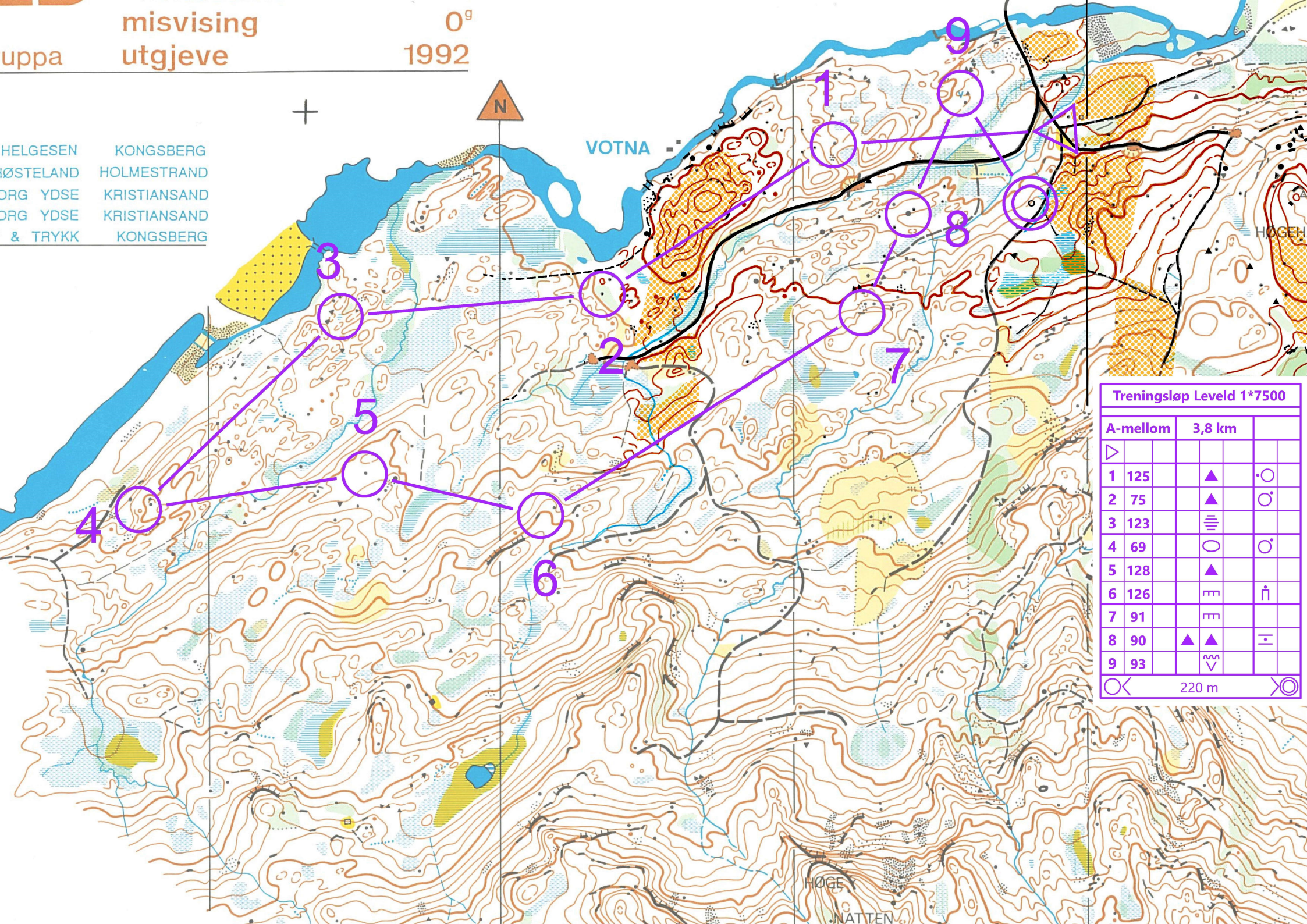


HELGESEN
ØSTELAND
ORG YDSE
ORG YDSE
& TRYKK

KONGSBERG
HOLMESTRAND
KRISTIANSAND
KRISTIANSAND
KONGSBERG



Treningsløp Leveld 1*7500

A-mellom	3,8 km		
1	125	▲	○
2	75	▲	○
3	123	≡	
4	69	○	○
5	128	▲	
6	126	≡	≡
7	91	≡	
8	90	▲	≡
9	93	▽	

220 m