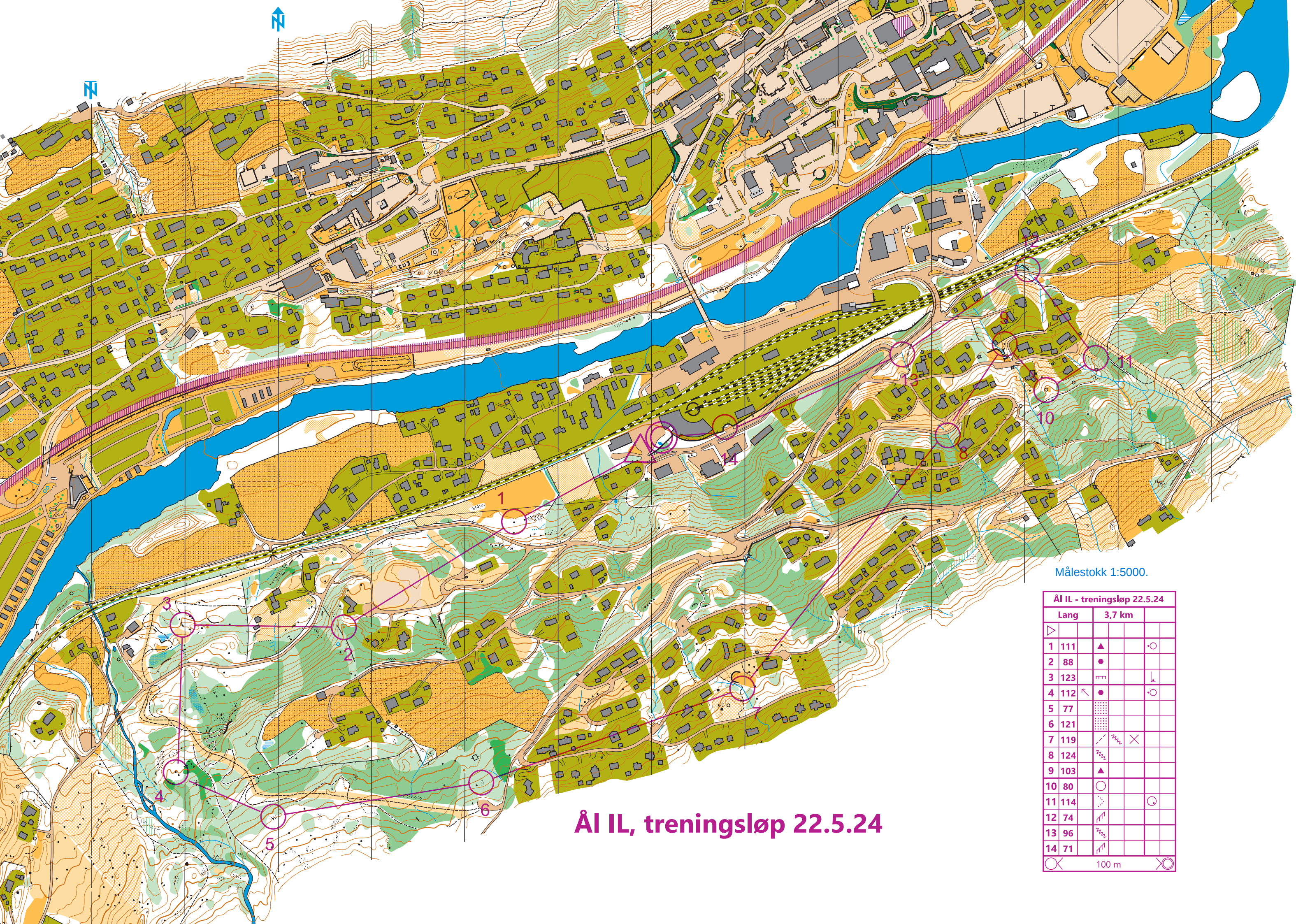




Målestokk 1:5000.

Ål IL, treningsløp 22.5.24

Ål IL - treningsløp 22.5.24				
Lang		3,7 km		
1	111	▲		○
2	88	●		
3	123	▤		⌞
4	112	↖ ●		○
5	77	▨		
6	121	▩		
7	119	↗	×	
8	124	⋈		
9	103	▲		
10	80	○		
11	114	⋈		○
12	74	↖		
13	96	⋈		
14	71	↖		
		○	100 m	○