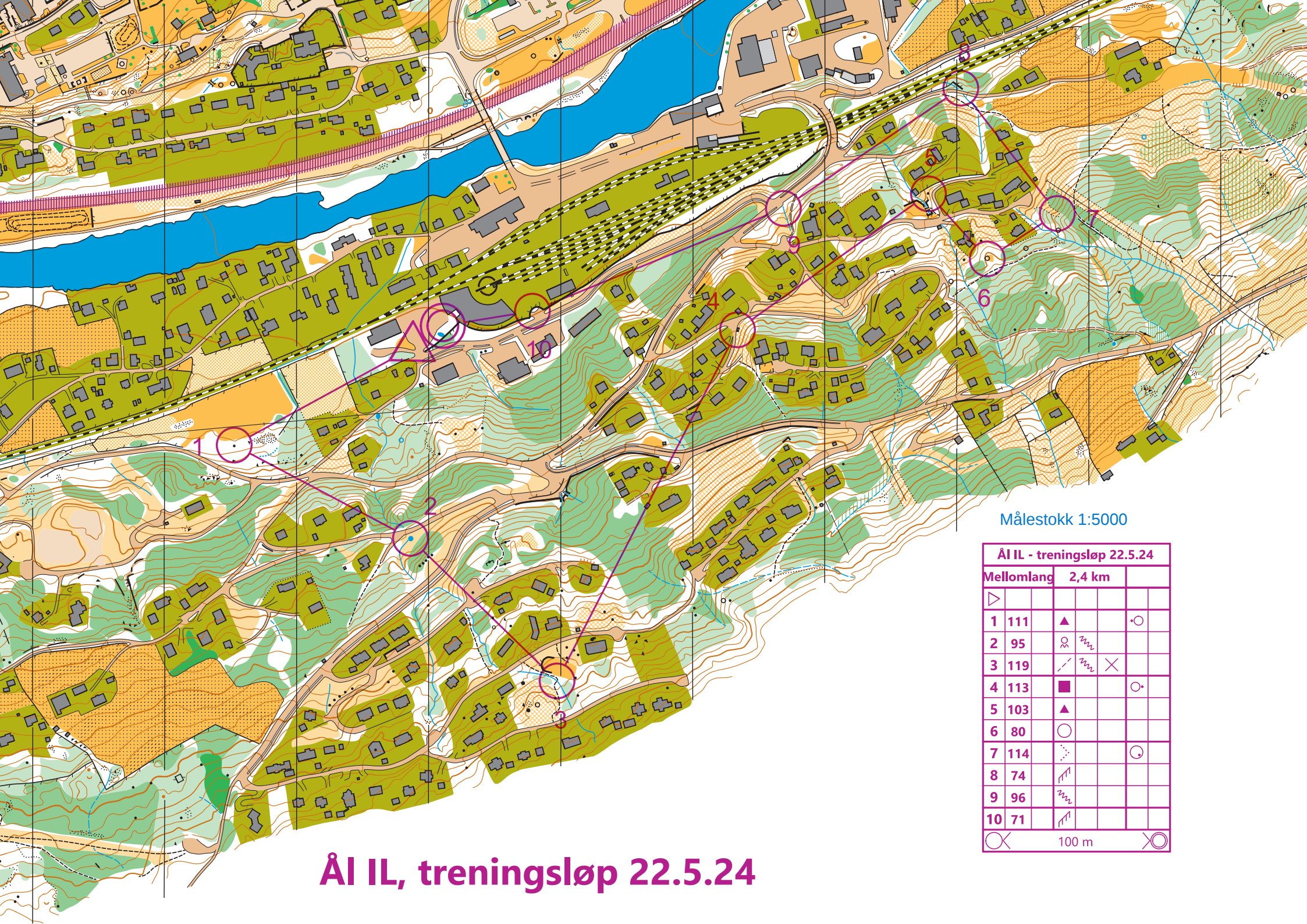




Målestokk 1:5000

Ål IL - treningsløp 22.5.24

Mellomlang		2,4 km			
▷					
1	111	▲			○
2	95	⊙	⋈		
3	119	⋈	⋈	×	
4	113	■			○
5	103	▲			
6	80	○			
7	114	⋈			○
8	74	⋈			
9	96	⋈			
10	71	⋈			
○					○

100 m

Ål IL, treningsløp 22.5.24