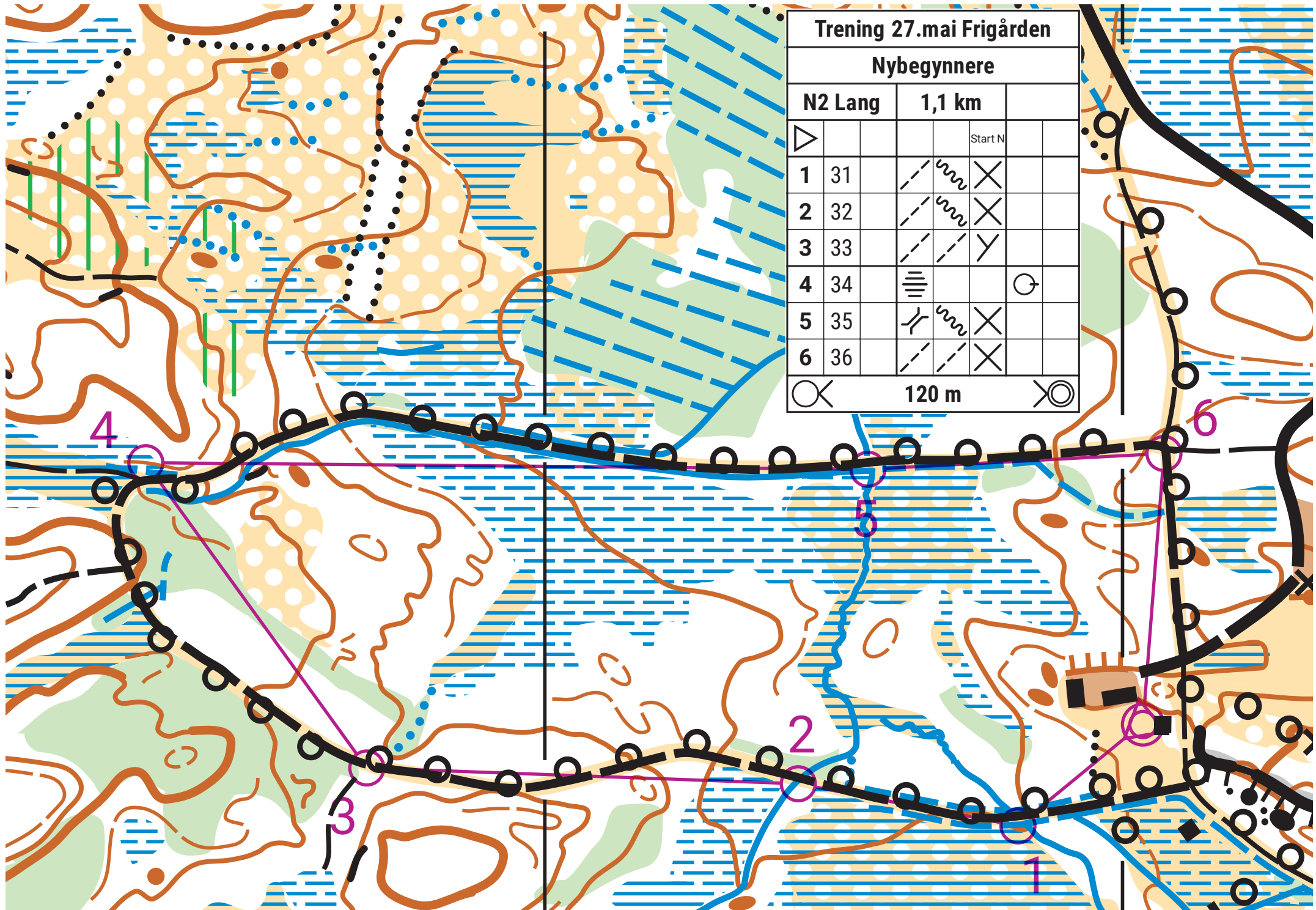




Trening 27.mai Frigården						
Nybegynnere						
N2 Lang		1,1 km				
▷				Start N		
1	31	---	~~~~~	×		
2	32	---	~~~~~	×		
3	33	---	---	Y		
4	34	≡			⊙	
5	35	---	~~~~~	×		
6	36	---	---	×		
⊗	120 m					⊙