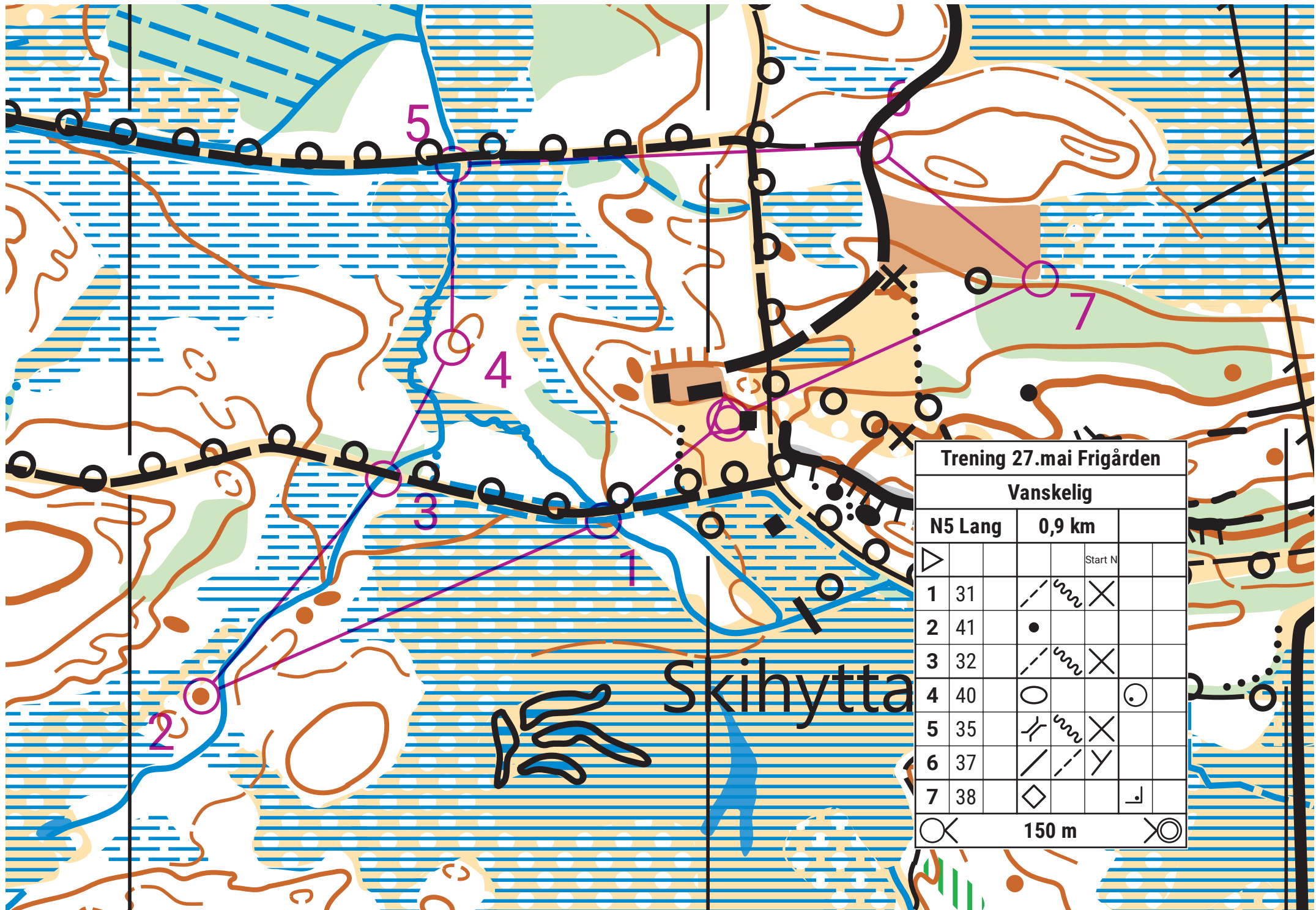




Trening 27.mai Frigården									
Vanskelig									
N5 Lang		0,9 km							
▶					Start N				
1	31		—	~	×				
2	41		•						
3	32		—	~	×				
4	40		○			○			
5	35		↘	~	×				
6	37		/	—	Y				
7	38		◇			└			
⊗		150 m						⊗	