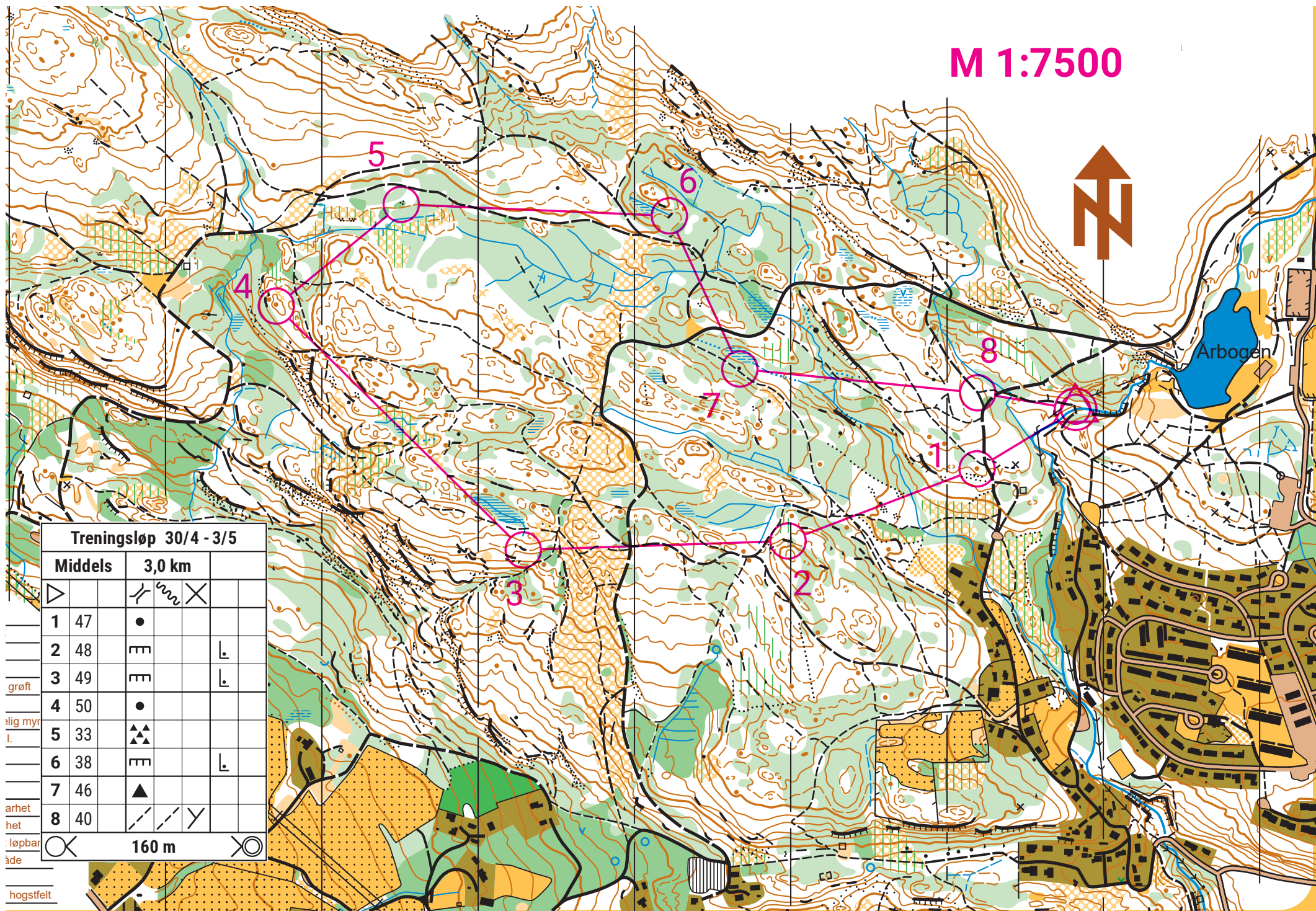


M 1:7500



Treningsløp 30/4 - 3/5				
Middels	3,0 km			
1 47	•			
2 48	≡			⌊
3 49	≡			⌊
4 50	•			
5 33	▲▲			
6 38	≡			⌊
7 46	▲			
8 40	⌈			
160 m				