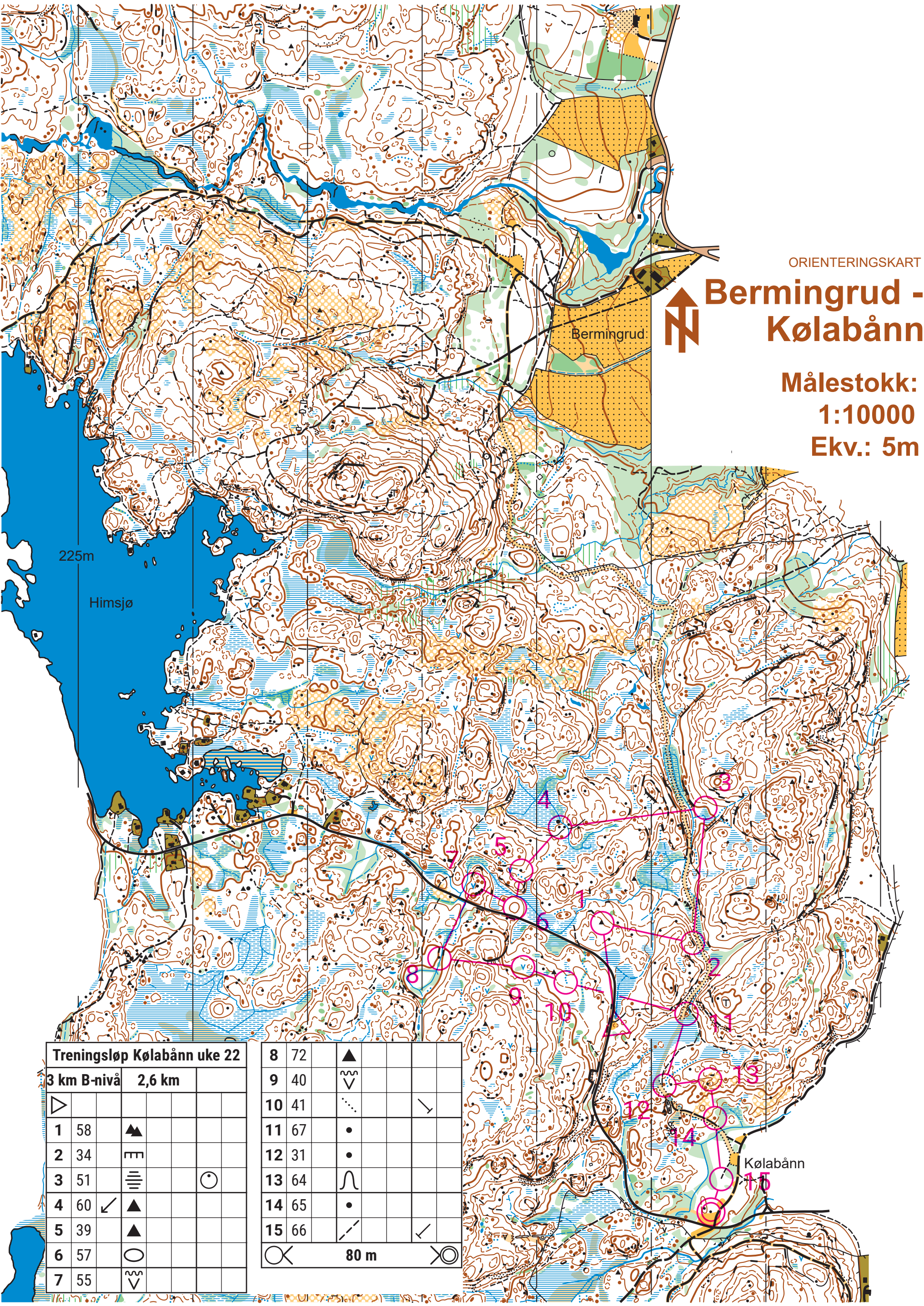




Treningsløp Kølabbånn uke 22									
3 km B-nivå					2,6 km				
▷									
1	58	▲							
2	34	≡							
3	51	≡≡					○		
4	60	↙▲							
5	39	▲							
6	57	○							
7	55	≡							

8	72	▲					
9	40	≡					
10	41	⋯				↘	
11	67	•					
12	31	•					
13	64	∩					
14	65	•					
15	66	↗				↙	
○			80 m				○