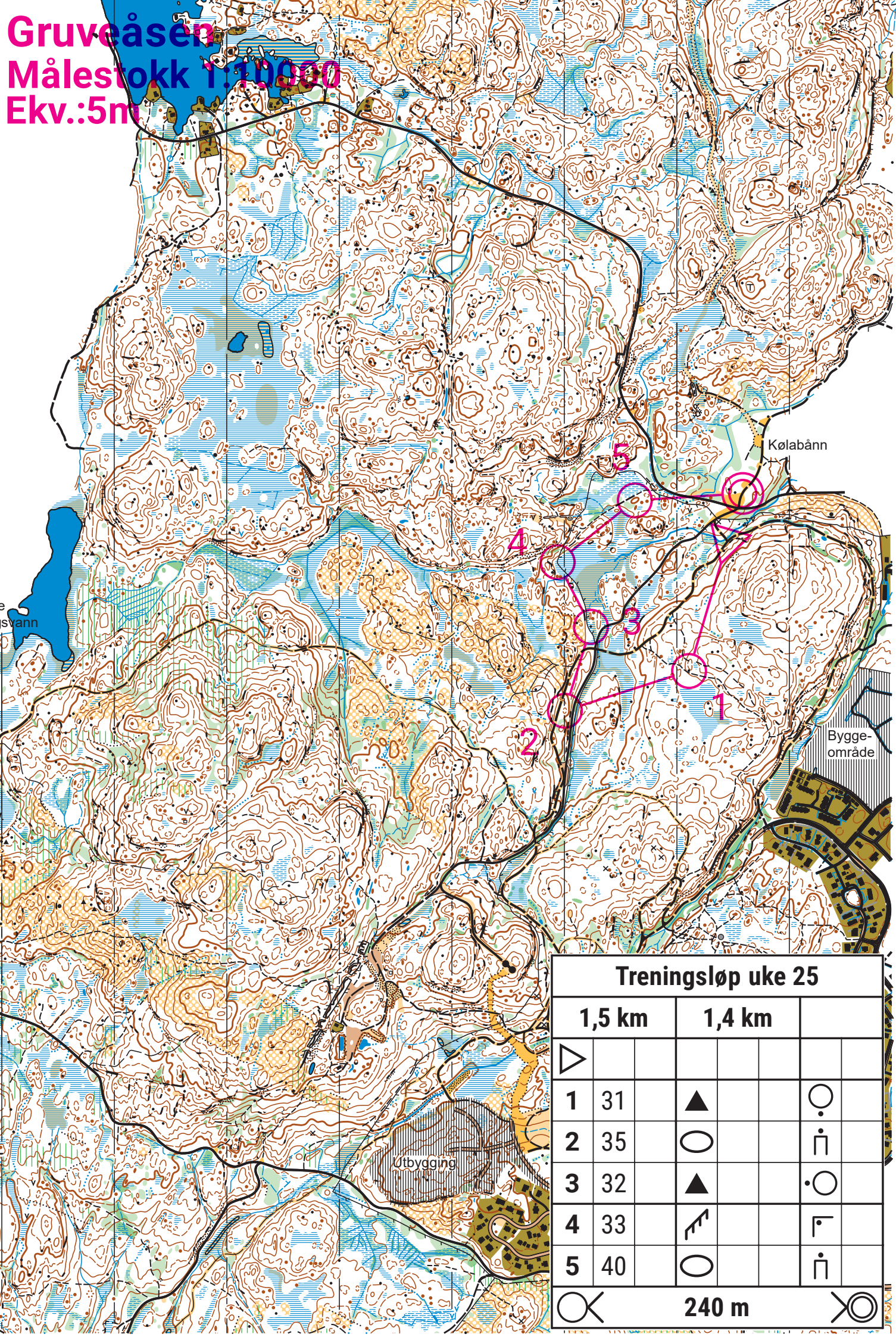

Treningsløp uke 25							
1,5 km			1,4 km				
▷							
1	31		▲			○	
2	35		⬭			⌐	
3	32		▲			•○	
4	33		◤			⌐•	
5	40		⬭			⌐	
✕	240 m						◎