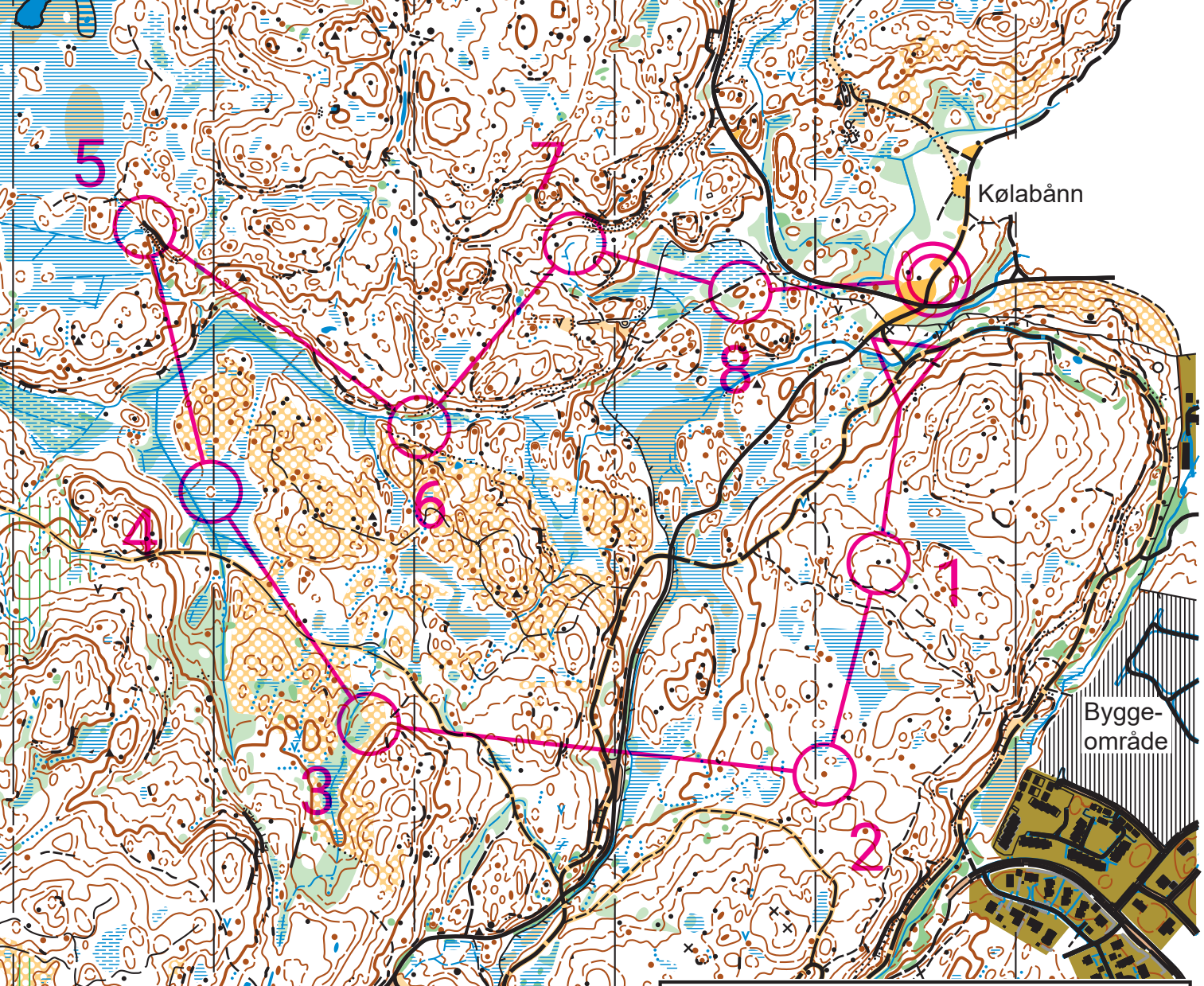

Treningsløp uke 25

3 km			3,0 km				
▷							
1	34		▲				
2	36		●				
3	38						
4	37						
5	39						
6	41		●				
7	42						
8	40						
			240 m				