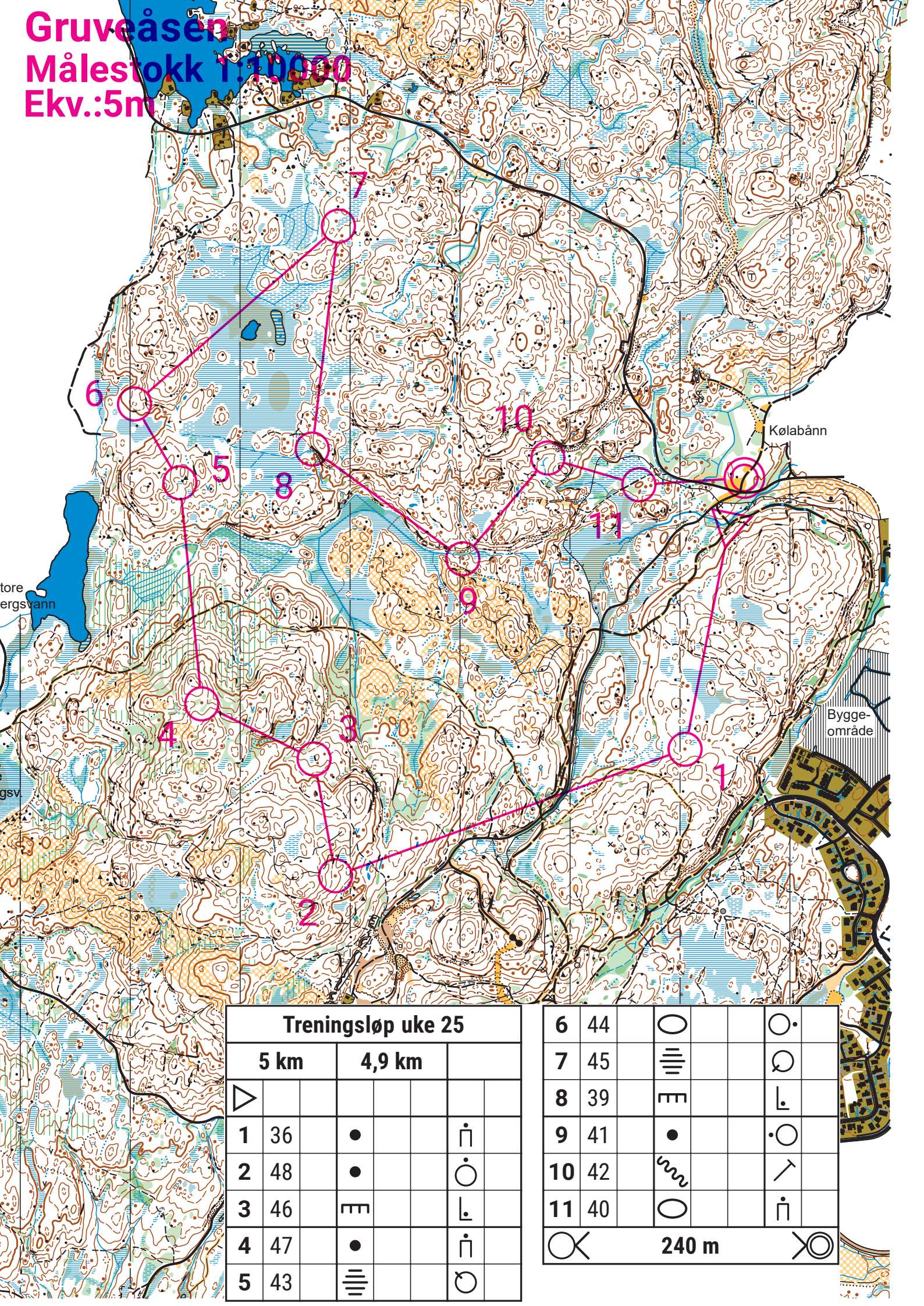


Gruveåsen
Målestokk 1:10000
Ekv.:5m



Treningsløp uke 25						
5 km			4,9 km			
▷						
1	36		●		◡	
2	48		●		○	
3	46		≡		└	
4	47		●		◡	
5	43		≡		○	

6	44	○			○
7	45	≡			○
8	39	≡			└
9	41	●			○
10	42	≡			↗
11	40	○			◡
		240 m			○