

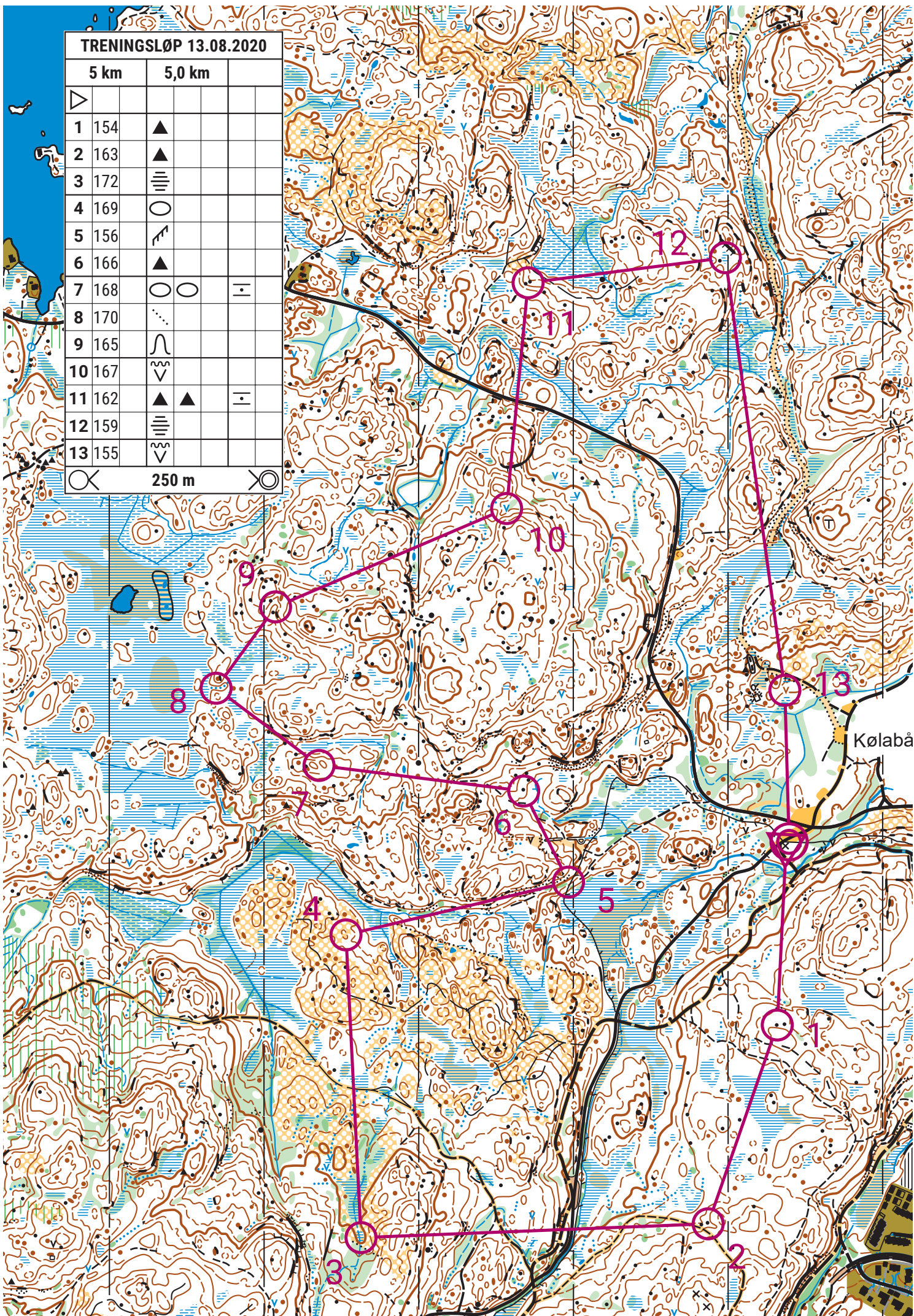
# TRENINGSLØP 13.08.2020

5 km

5,0 km

|    |     |   |   |   |  |  |
|----|-----|---|---|---|--|--|
| ▷  |     |   |   |   |  |  |
| 1  | 154 | ▲ |   |   |  |  |
| 2  | 163 | ▲ |   |   |  |  |
| 3  | 172 | ≡ |   |   |  |  |
| 4  | 169 | ○ |   |   |  |  |
| 5  | 156 | ↗ |   |   |  |  |
| 6  | 166 | ▲ |   |   |  |  |
| 7  | 168 | ○ | ○ | ≡ |  |  |
| 8  | 170 | ⋯ |   |   |  |  |
| 9  | 165 | ∩ |   |   |  |  |
| 10 | 167 | ∇ |   |   |  |  |
| 11 | 162 | ▲ | ▲ | ≡ |  |  |
| 12 | 159 | ≡ |   |   |  |  |
| 13 | 155 | ∇ |   |   |  |  |

250 m



Kølabå