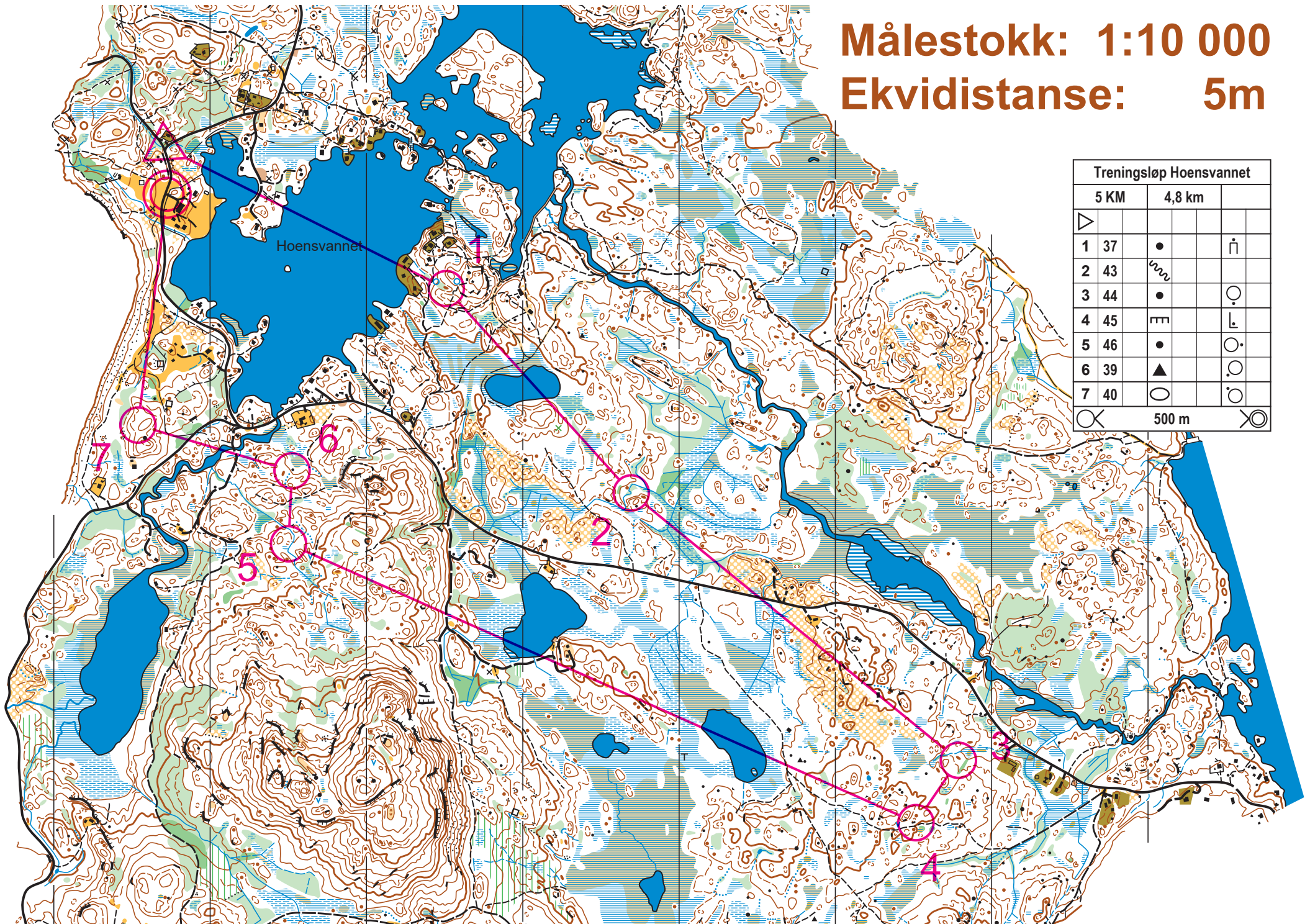


Målestokk: 1:10 000
Ekvidistanse: 5m



Treningsløp Hoensvannet				
	5 KM	4,8 km		
▷				
1	37	●		⌈
2	43	⌚		
3	44	●		○
4	45	⌚		⌈
5	46	●		○
6	39	▲		○
7	40	○		○
⊗	500 m			⊗