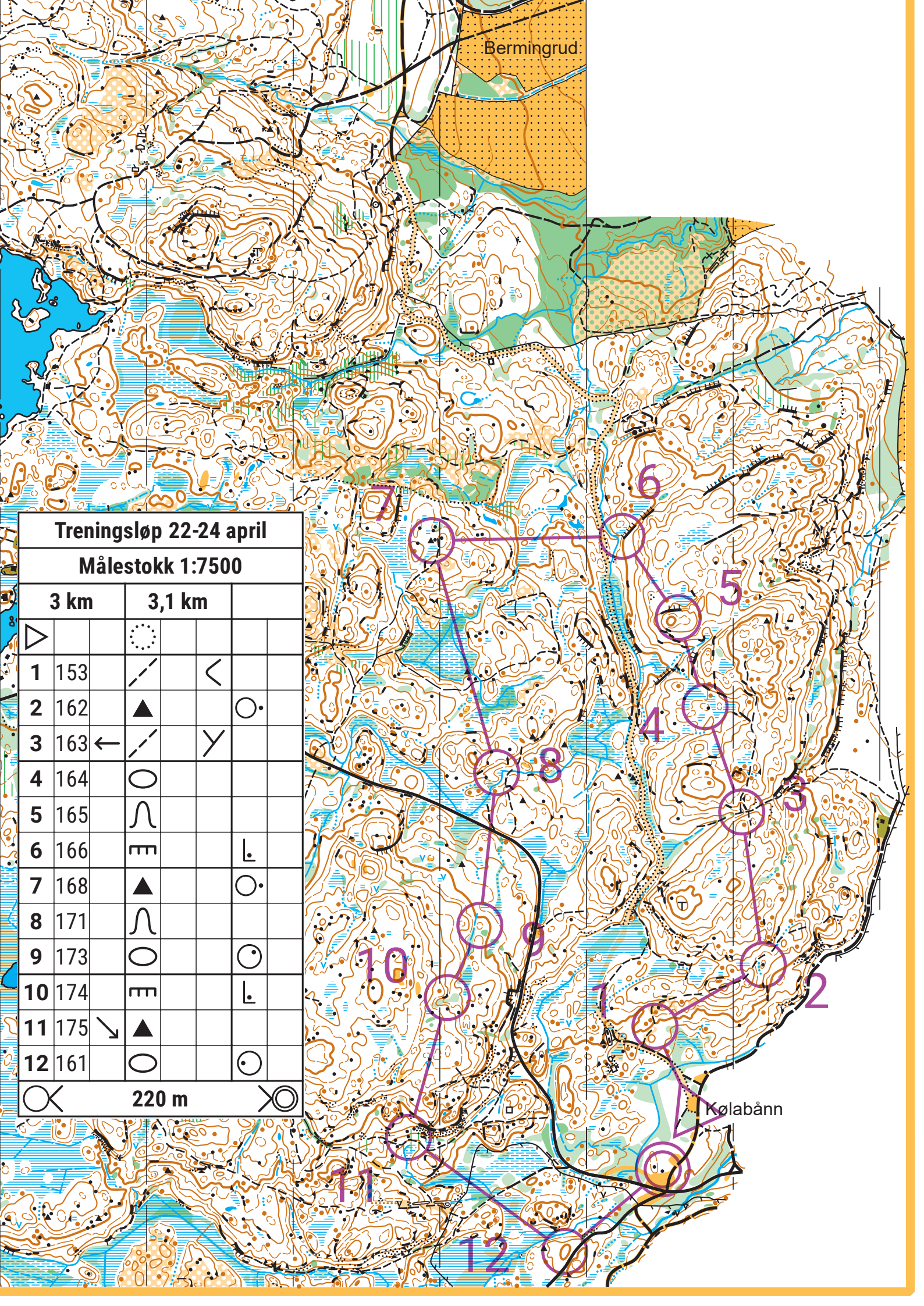




Bermingrud

Kølabånn

Treningsløp 22-24 april					
Målestokk 1:7500					
3 km		3,1 km			
▷		⊙			
1	153	↗	<		
2	162	▲		○	
3	163	←	↘		
4	164	○			
5	165	∩			
6	166	≡		⊥	
7	168	▲		○	
8	171	∩			
9	173	○		○	
10	174	≡		⊥	
11	175	↘	▲		
12	161	○		○	
⊗	220 m				⊗