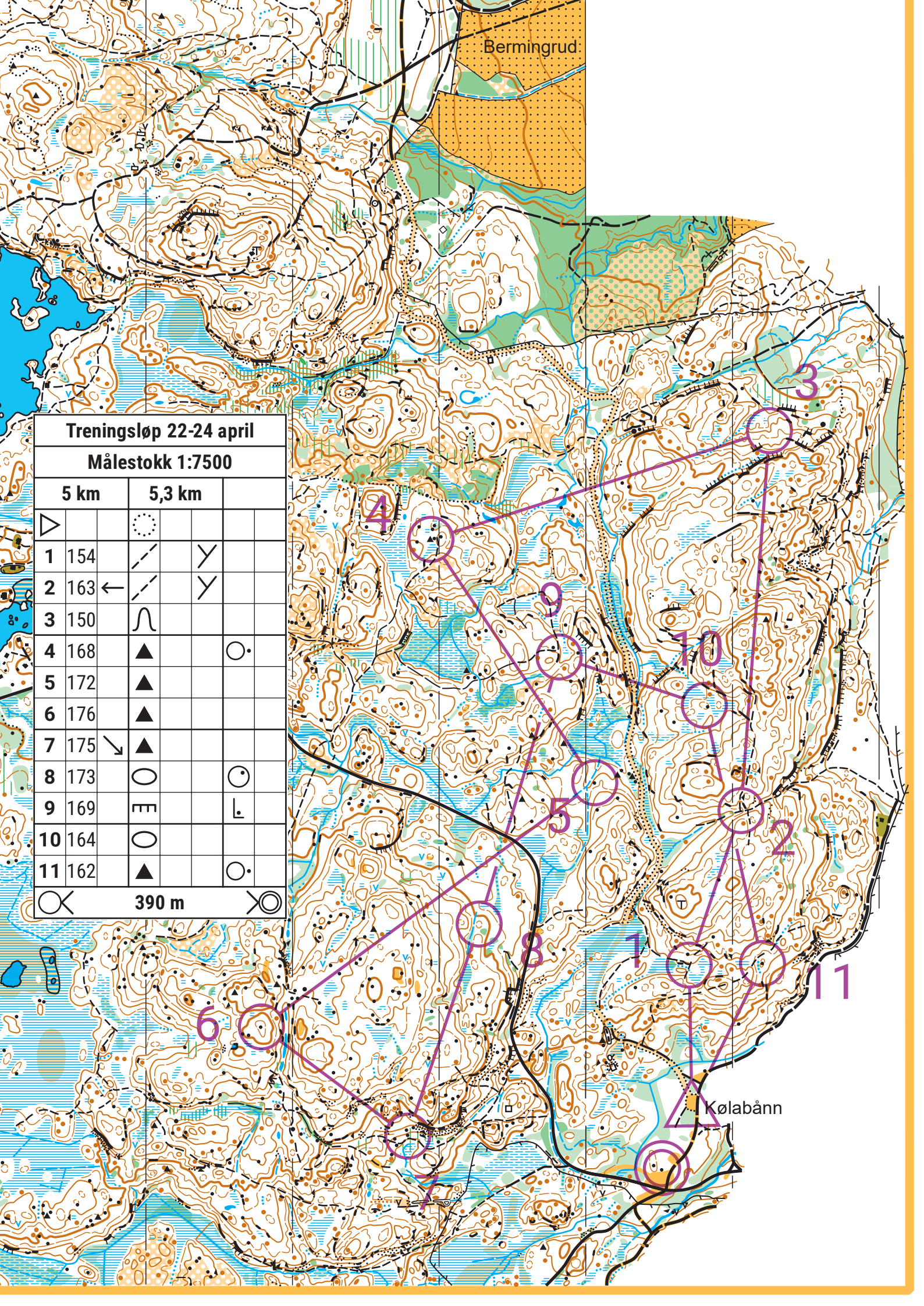




Treningsløp 22-24 april

Målestokk 1:7500

	5 km	5,3 km			
▷		⊙			
1	154	↗	↘		
2	163	←	↘	↘	
3	150	∩			
4	168	▲			○
5	172	▲			
6	176	▲			
7	175	↘	▲		
8	173	○			○
9	169	≡			⊥
10	164	○			
11	162	▲			○
⊗	390 m				⊗