

# Treningsløp natt 6.10.2022

1:7 500 - 5m ekv

| 3 km |     |  | 3,0 km |     |   |   |
|------|-----|--|--------|-----|---|---|
| ▷    |     |  | ///    | /// | Y |   |
| 1    | 151 |  | ///    | /// | Y |   |
| 2    | 152 |  | ●      |     |   |   |
| 3    | 163 |  | ▲      |     |   | ○ |
| 4    | 164 |  | ▲      |     |   | ○ |
| 5    | 159 |  | ∩      |     |   |   |
| 6    | 153 |  | ○      |     |   |   |
| 7    | 161 |  | ○      |     |   |   |
| 8    | 162 |  | ○      |     |   | ○ |
| 9    | 155 |  | ●      |     |   |   |
| ○    |     |  | 180 m  |     |   | ○ |

