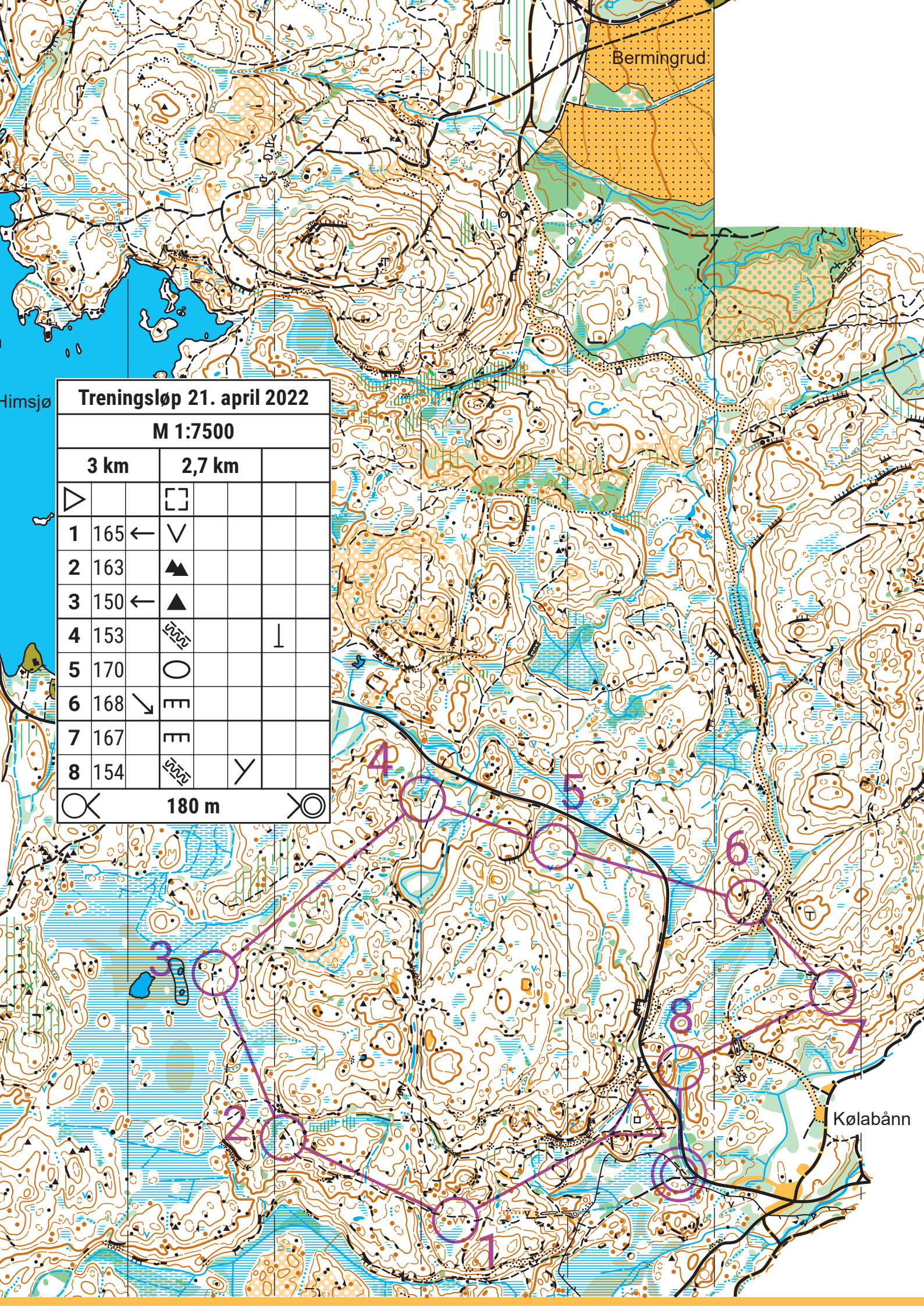




Bermingrud

Himsjø

Kølabånn

Treningsløp 21. april 2022
M 1:7500

3 km		2,7 km	
▷		◻	
1	165 ←	∇	
2	163	▲	
3	150 ←	▲	
4	153	⌊	⌋
5	170	○	
6	168 ↘	≡	
7	167	≡	
8	154	⌊	∕

 **180 m** 

