

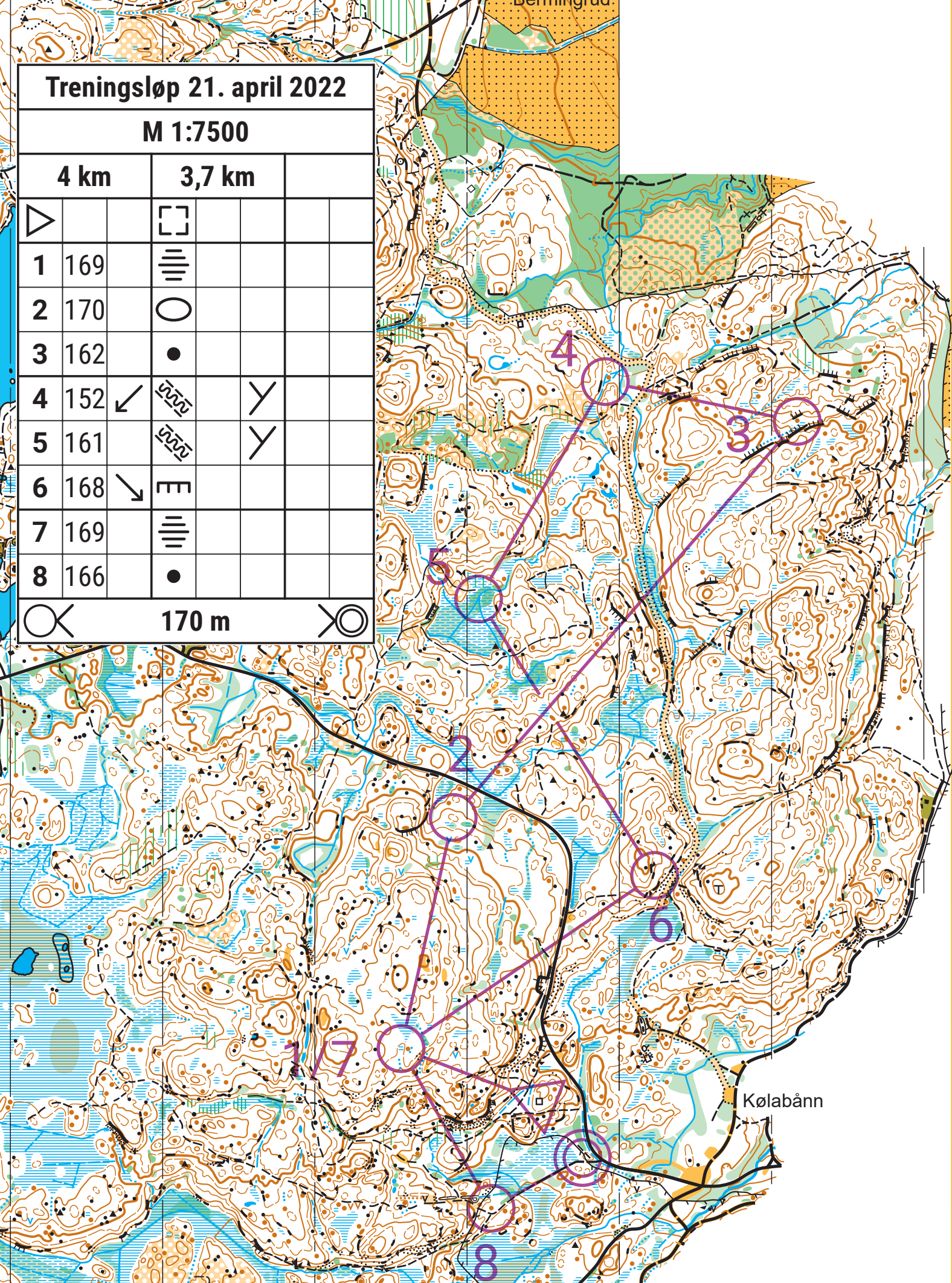
Treningsløp 21. april 2022

M 1:7500

4 km

3,7 km

▷			◻				
1	169		≡				
2	170		○				
3	162		●				
4	152	↙	≡		↘		
5	161		≡		↘		
6	168	↘	≡				
7	169		≡				
8	166		●				
⊗	170 m						⊗



Kølabånn