

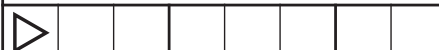


1:10000

Treningsløp uke 23

A nivå 5,2 km

120 m



1	105	↓	▲				
2	119		▲				
3	120		∩				
4	125	↑	•				
5	131	←	▲				
6	117		≡				
7	112		≡				
8	100		○			○	

100 m

