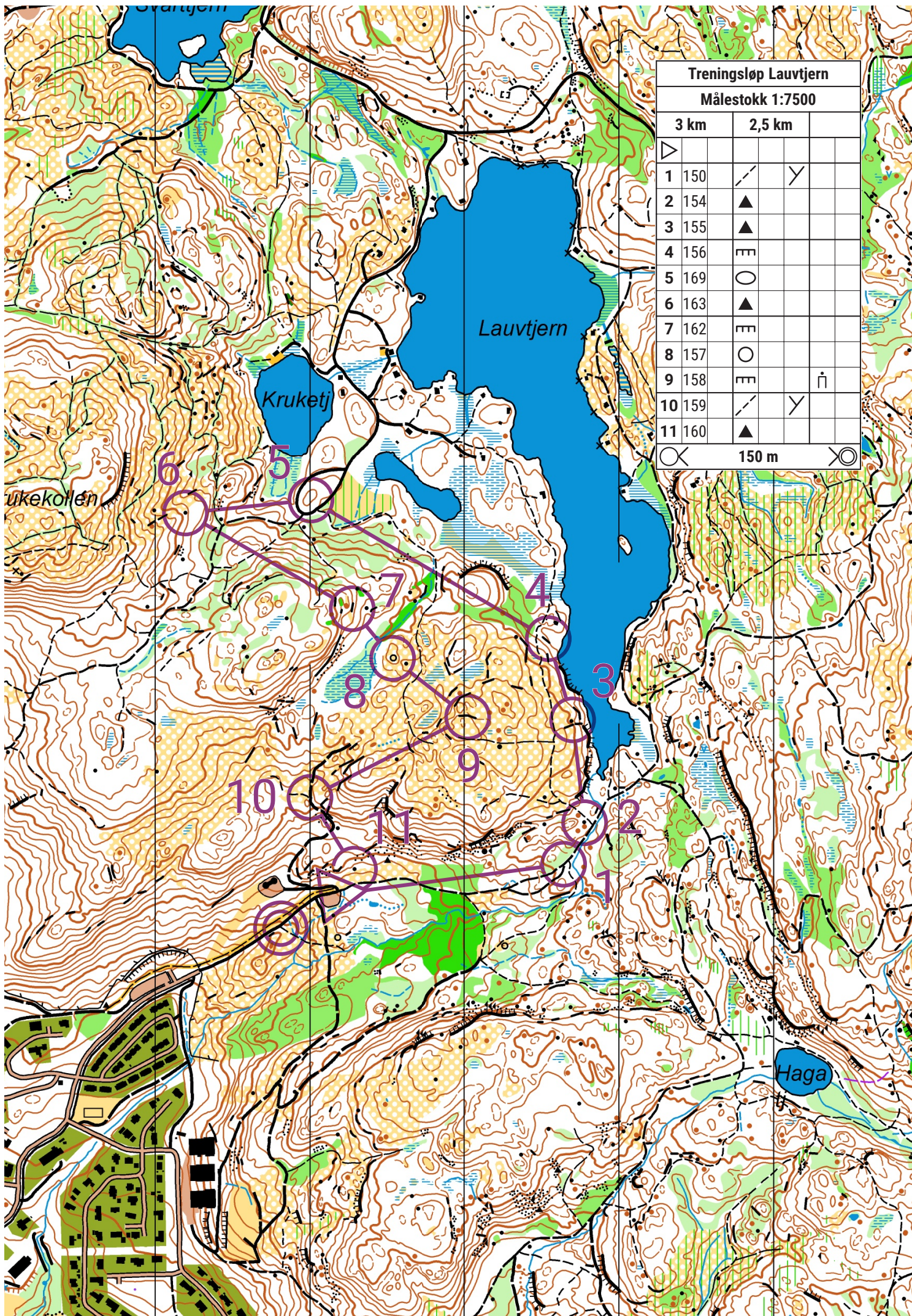




Treningsløp Lauvtjern				
Målestokk 1:7500				
	3 km	2,5 km		
▽				
1	150	↗	Y	
2	154	▲		
3	155	▲		
4	156	≡		
5	169	○		
6	163	▲		
7	162	≡		
8	157	○		
9	158	≡		ñ
10	159	↗	Y	
11	160	▲		
150 m				