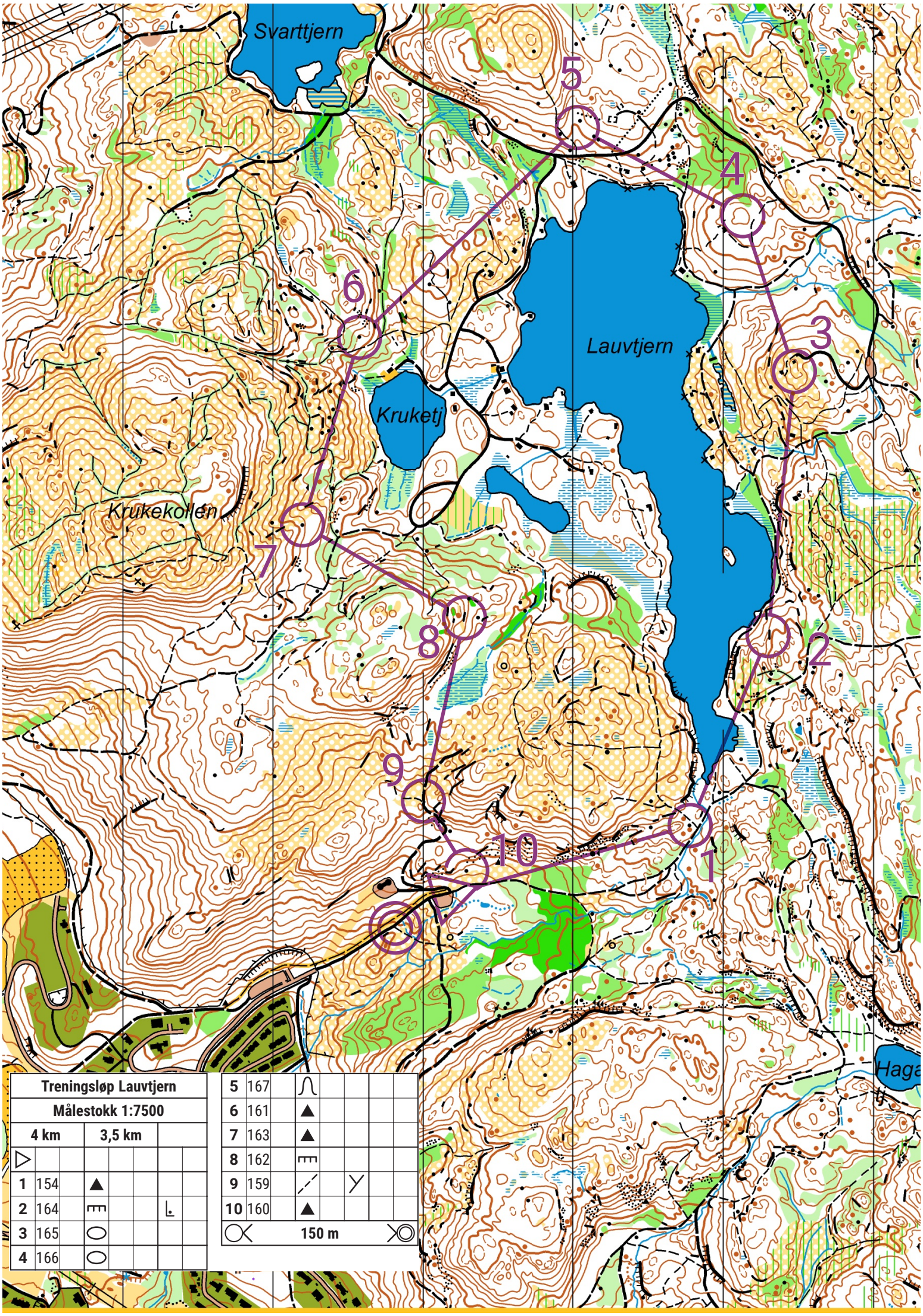

Treningsløp Lauvtjern							
Målestokk 1:7500							
4 km			3,5 km				
▷							
1	154		▲				
2	164						
3	165						
4	166						

5	167						
6	161		▲				
7	163		▲				
8	162						
9	159						
10	160		▲				
150 m							