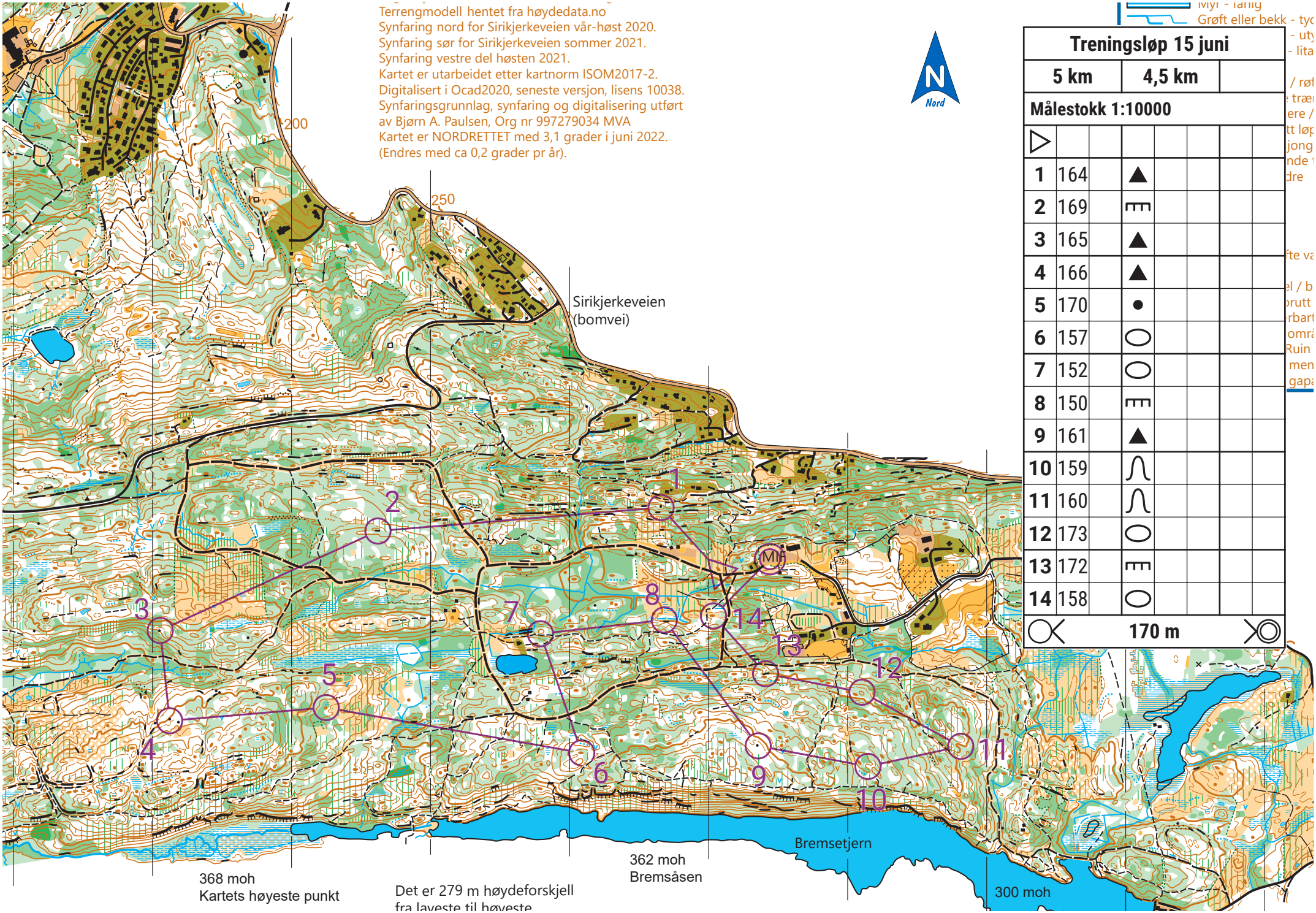

Treningsløp 15 juni							
5 km			4,5 km				
Målestokk 1:10000							
▷							
1	164		▲				
2	169		≡				
3	165		▲				
4	166		▲				
5	170		●				
6	157		○				
7	152		○				
8	150		≡				
9	161		▲				
10	159		∫				
11	160		∫				
12	173		○				
13	172		≡				
14	158		○				
✕	170 m						◎