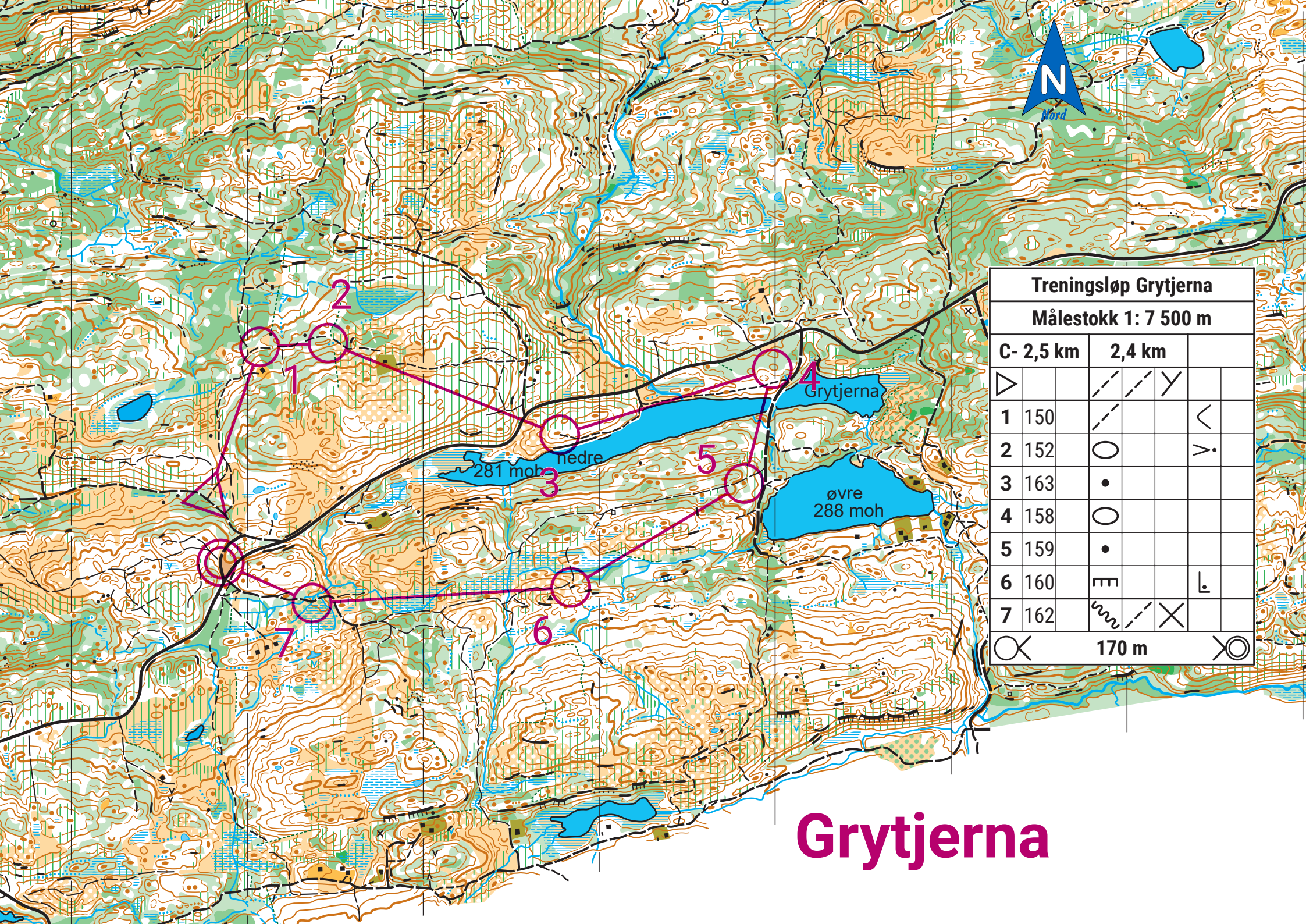




Treningsløp Grytjerna				
Målestokk 1: 7 500 m				
C- 2,5 km		2,4 km		
▷		↗	↘	Y
1	150	↗		<
2	152	○		>.
3	163	•		
4	158	○		
5	159	•		
6	160	≡		└
7	162	⋈	✕	
⊗	170 m			⊙

Grytjerna