



# Treningsløp Ormåsen 2.11.2024

1:7500 / Ekvidistanse: 5m

|   | 4 km | 4,0 km |  |
|---|------|--------|--|
| ▷ |      |        |  |
| 1 | 150  | ▲      |  |
| 2 | 151  | ∩      |  |
| 3 | 152  | ●      |  |
| 4 | 153  | ∩      |  |

|    |     |       |  |  |  |
|----|-----|-------|--|--|--|
| 5  | 154 | ▲     |  |  |  |
| 6  | 155 | ∩     |  |  |  |
| 7  | 156 | ∩     |  |  |  |
| 8  | 157 | ▲     |  |  |  |
| 9  | 158 | ∩     |  |  |  |
| 10 | 159 | ●     |  |  |  |
| 11 | 160 | ●     |  |  |  |
|    |     | 180 m |  |  |  |

