

# Treningsløp 04.09.2025

1:10000 / Ekv.: 5m

5 km

5,0 km

|       |     |   |   |   |   |
|-------|-----|---|---|---|---|
| ▷     |     |   |   |   |   |
| 1     | 161 | ↘ |   |   |   |
| 2     | 162 | ← | ≡ |   |   |
| 3     | 165 | → | ▲ |   |   |
| 4     | 170 | ↓ | ≡ |   |   |
| 5     | 168 | ↑ | ▲ |   |   |
| 6     | 162 | ← | ≡ |   |   |
| ⊗     |     | ⊗ |   |   | ⊗ |
| 7     | 158 | ↘ |   |   |   |
| 8     | 166 | ↘ |   |   |   |
| 9     | 159 | ≡ |   | ⊙ |   |
| 10    | 160 | ▲ |   |   |   |
| 11    | 167 | ↓ | ≡ |   |   |
| 12    | 171 | ▲ |   |   |   |
| 13    | 172 | ↓ | ▲ |   |   |
| 14    | 157 | ≡ |   |   |   |
| ⊗     |     |   |   |   | ⊗ |
| 140 m |     |   |   |   |   |

