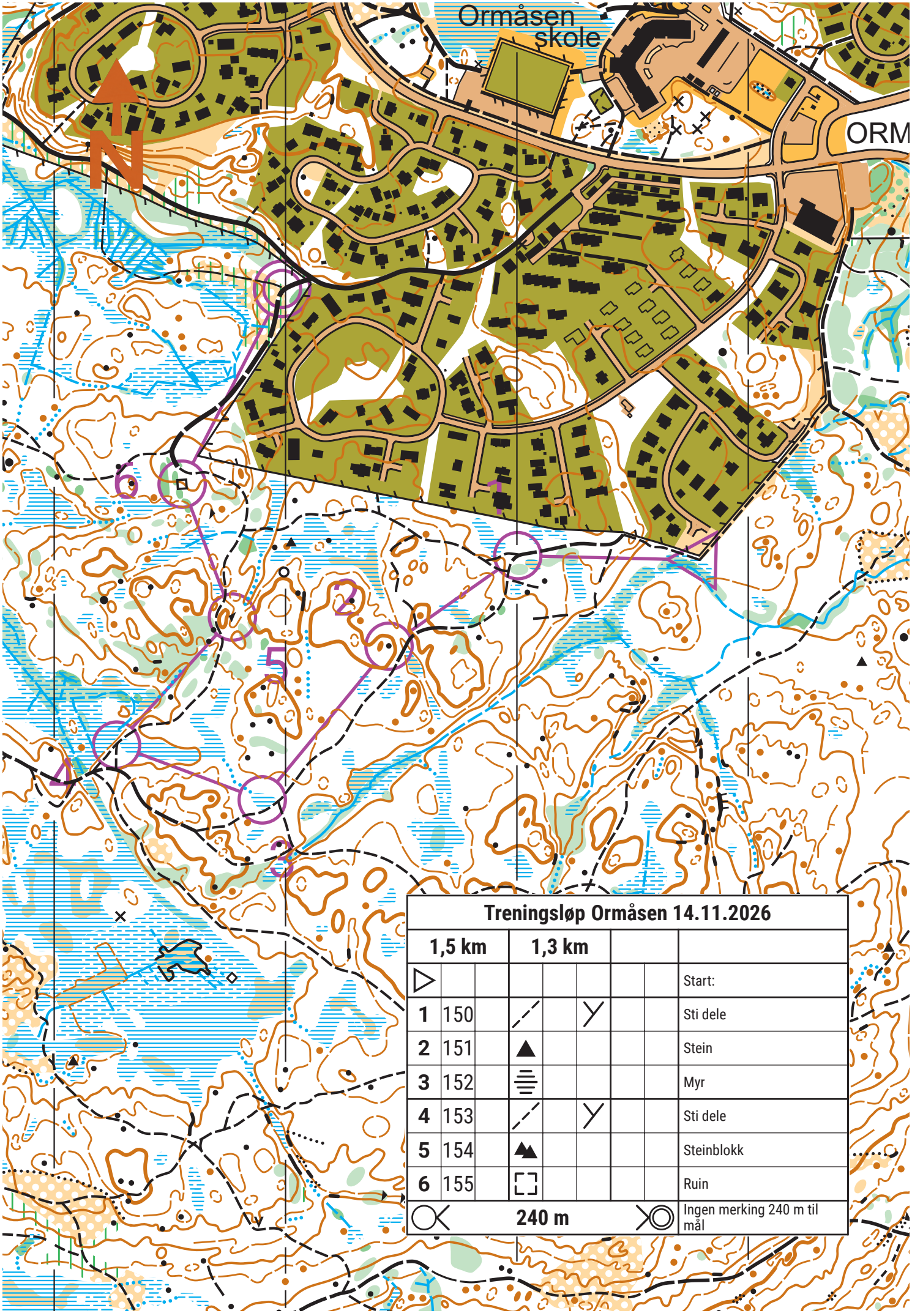


Treningsløp Ormåsen 14.11.2026									
1,5 km			1,3 km						
▷									Start:
1	150		⁄		Y				Sti dele
2	151		▲						Stein
3	152		≡						Myr
4	153		⁄		Y				Sti dele
5	154		▲▲						Steinblokk
6	155		⛶						Ruin
✕			240 m					◎	Ingen merking 240 m til mål