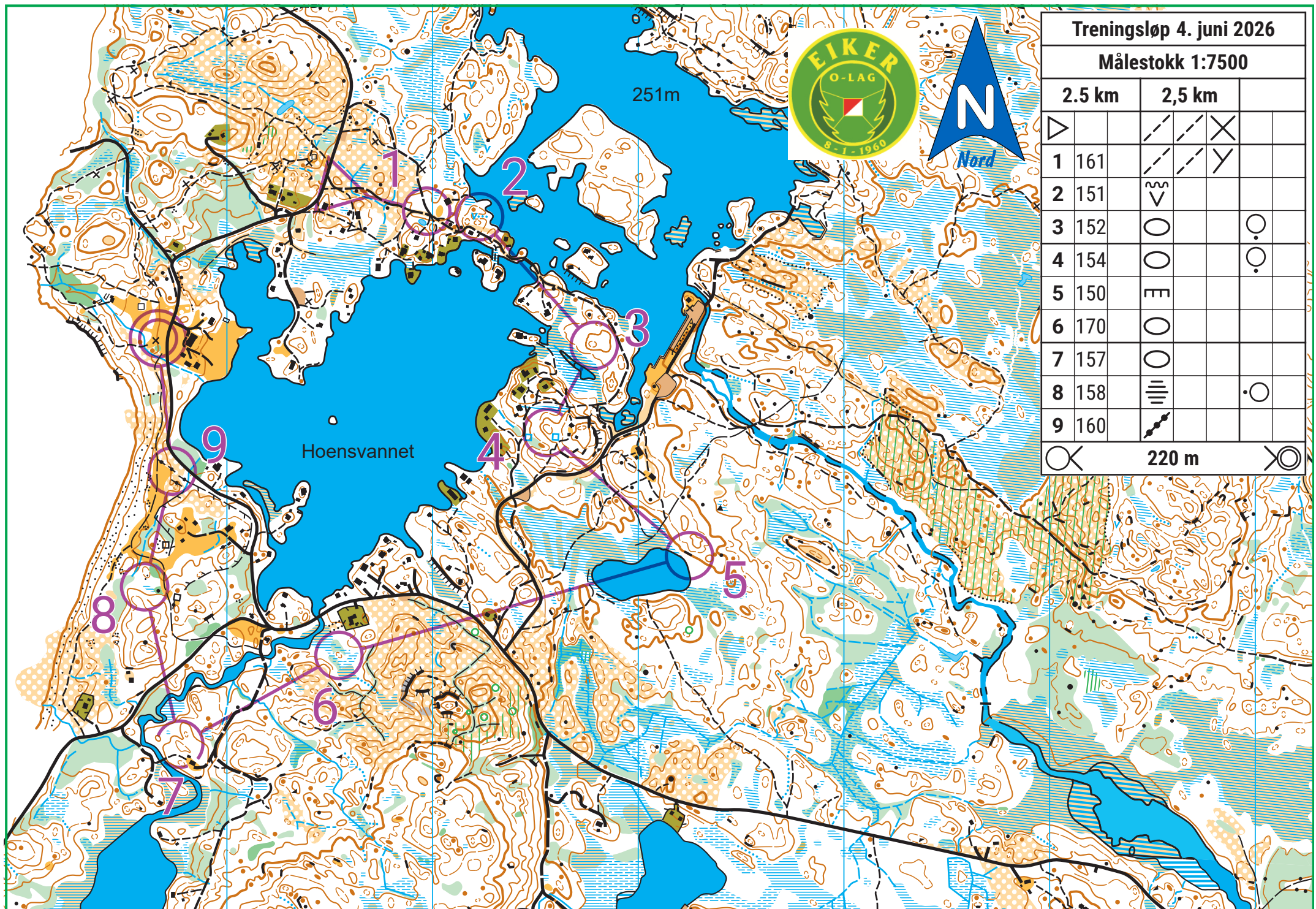




# Treningsløp 4. juni 2026

Målestokk 1:7500

|       | 2.5 km | 2,5 km |   |   |   |
|-------|--------|--------|---|---|---|
| ▷     |        | ↗ ↘    | × |   |   |
| 1 161 |        | ↗ ↘    | Y |   |   |
| 2 151 |        | Σ      |   |   |   |
| 3 152 |        | ○      |   | ○ |   |
| 4 154 |        | ○      |   | ○ |   |
| 5 150 |        | E      |   |   |   |
| 6 170 |        | ○      |   |   |   |
| 7 157 |        | ○      |   |   |   |
| 8 158 |        | ≡      |   | ○ |   |
| 9 160 |        | ⚡      |   |   |   |
| ○     | 220 m  |        |   |   | ⊗ |