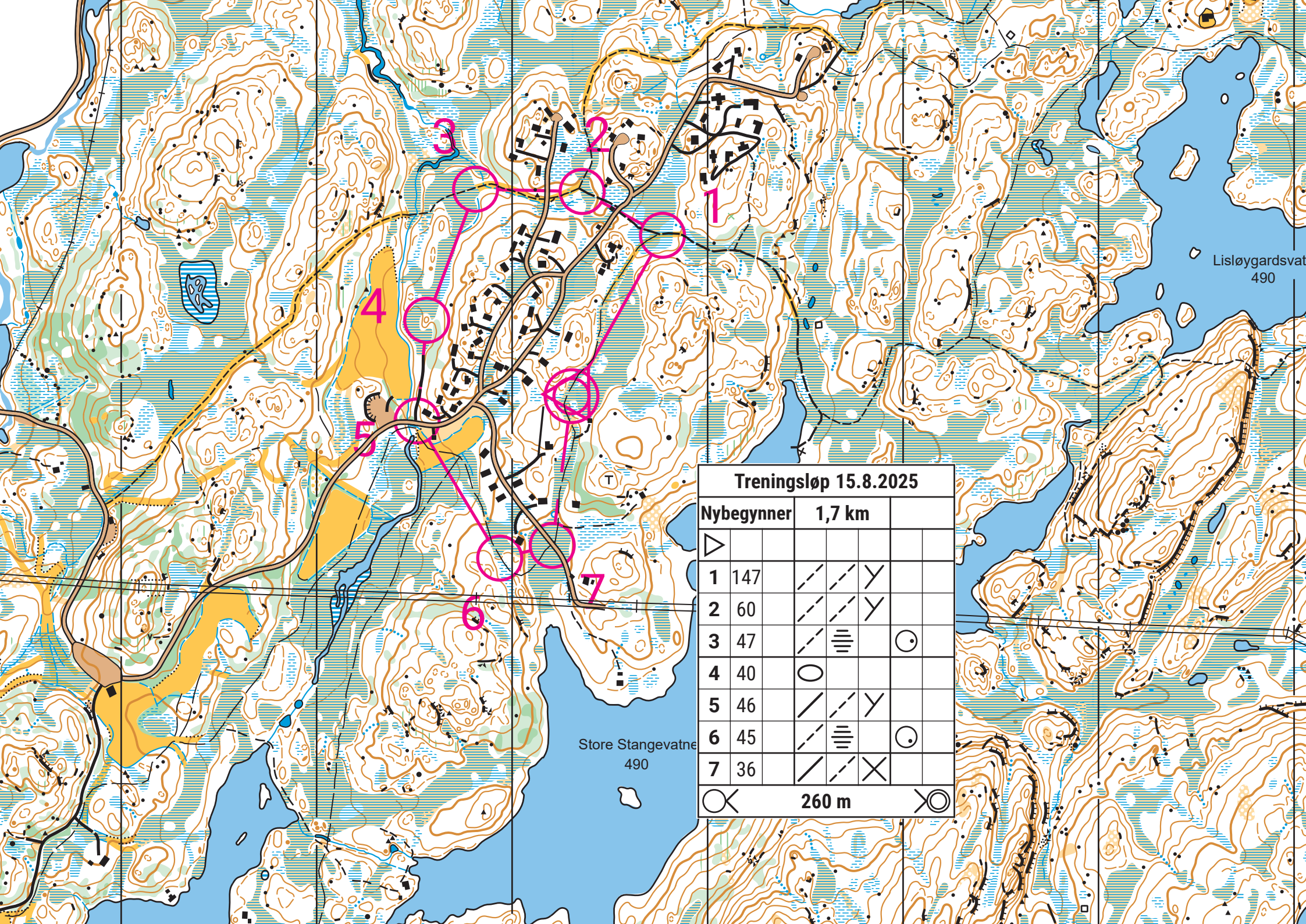




Treningsløp 15.8.2025						
Nybegynner		1,7 km				
▶						
1	147	—	—	Y		
2	60	—	—	Y		
3	47	—	≡		○	
4	40	○				
5	46	—	—	Y		
6	45	—	≡		○	
7	36	—	—	X		
○		260 m		○		