

# Vårsleppet sprint 2025

## Målestokk 1: 5000

| Sprint A1       |    | 2,5 km |  |   |
|-----------------|----|--------|--|---|
| ▽               |    |        |  |   |
| 1               | 60 | ●      |  | ○ |
| 2               | 61 | ⌈      |  |   |
| 3               | 62 | ●      |  |   |
| 4               | 63 | ⌋      |  |   |
| 5               | 64 | → E    |  |   |
| 6               | 65 | ●      |  |   |
| 7               | 67 | ▲      |  | ○ |
| 8               | 69 | ⋯      |  |   |
| 9               | 70 | ●      |  |   |
| 10              | 80 | ⌒      |  |   |
| ○ ——— 90 m ———→ |    |        |  |   |