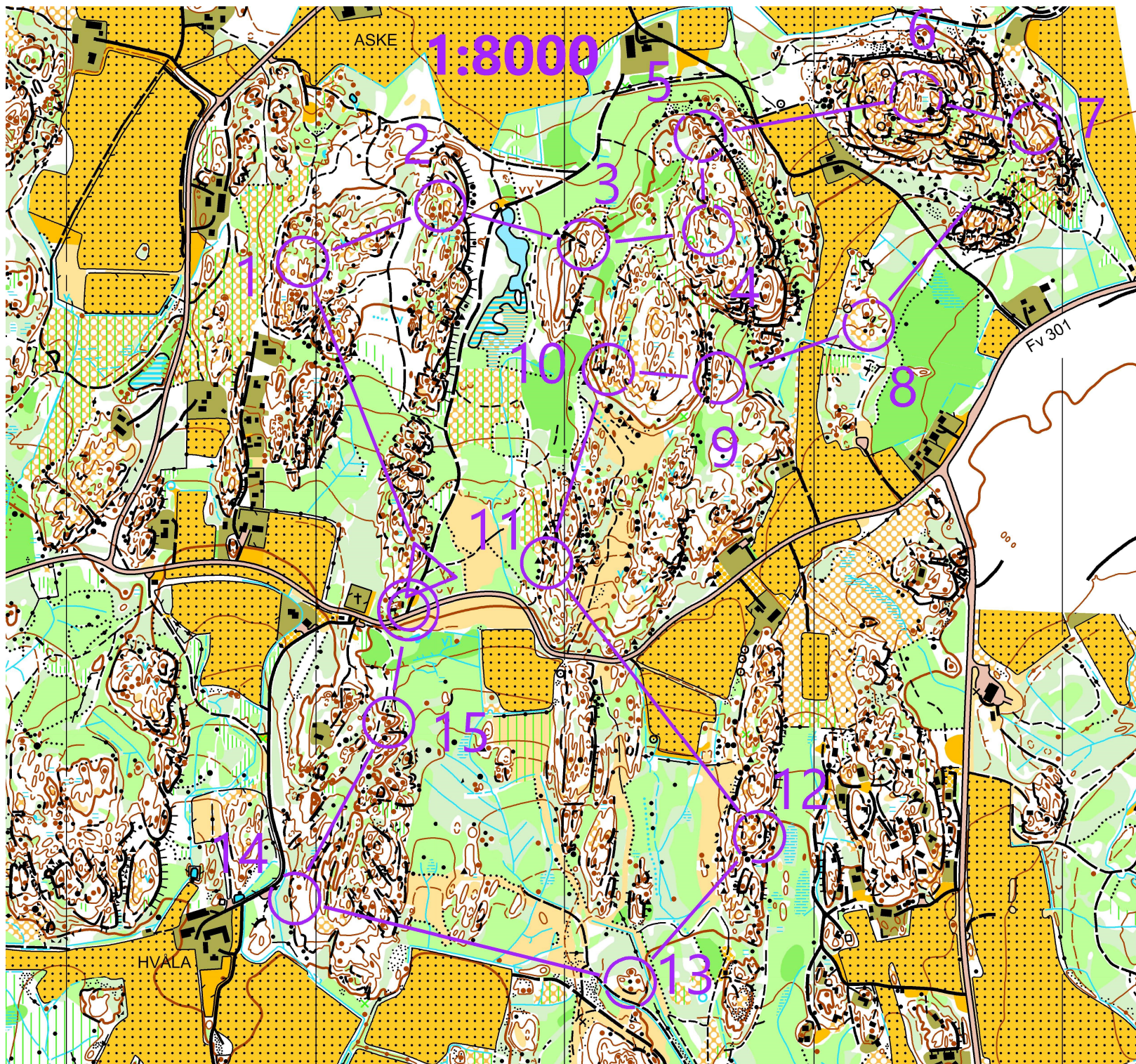




Ukas treningsløp uke 17									
A-løype		4,7 km							
▷									
1	31	↙	∩						
2	32	↗	●					○	
3	35		][						
4	34	↓	≡						
5	33	↘	●					○	
6	36		≡						
7	37	⇌	∩						
8	38	↙	∩						
9	39		≡						
10	40		∩						
11	41	↙	●					○	
12	42	▲						○	
13	44	▲						○	
14	45		∩						
15	46	↘	●					○	
○◁		170 m		▷○					