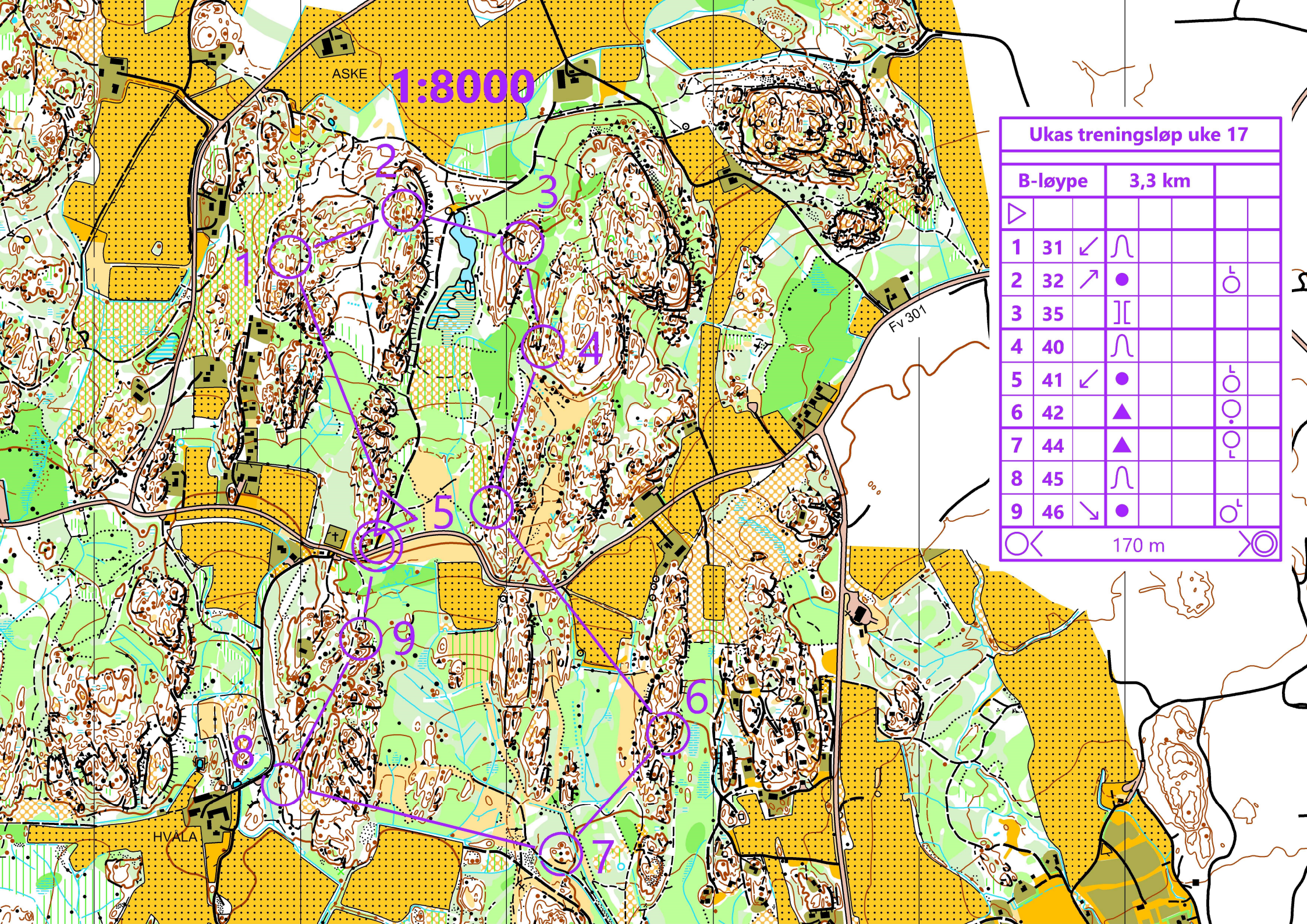




1:8000

Ukas treningsløp uke 17

B-løype		3,3 km			
▶					
1	31	↙	∩		
2	32	↗	●		○
3	35		][		
4	40		∩		
5	41	↙	●		○
6	42		▲		○
7	44		▲		○
8	45		∩		
9	46	↘	●		○
○◁		170 m		▷○	