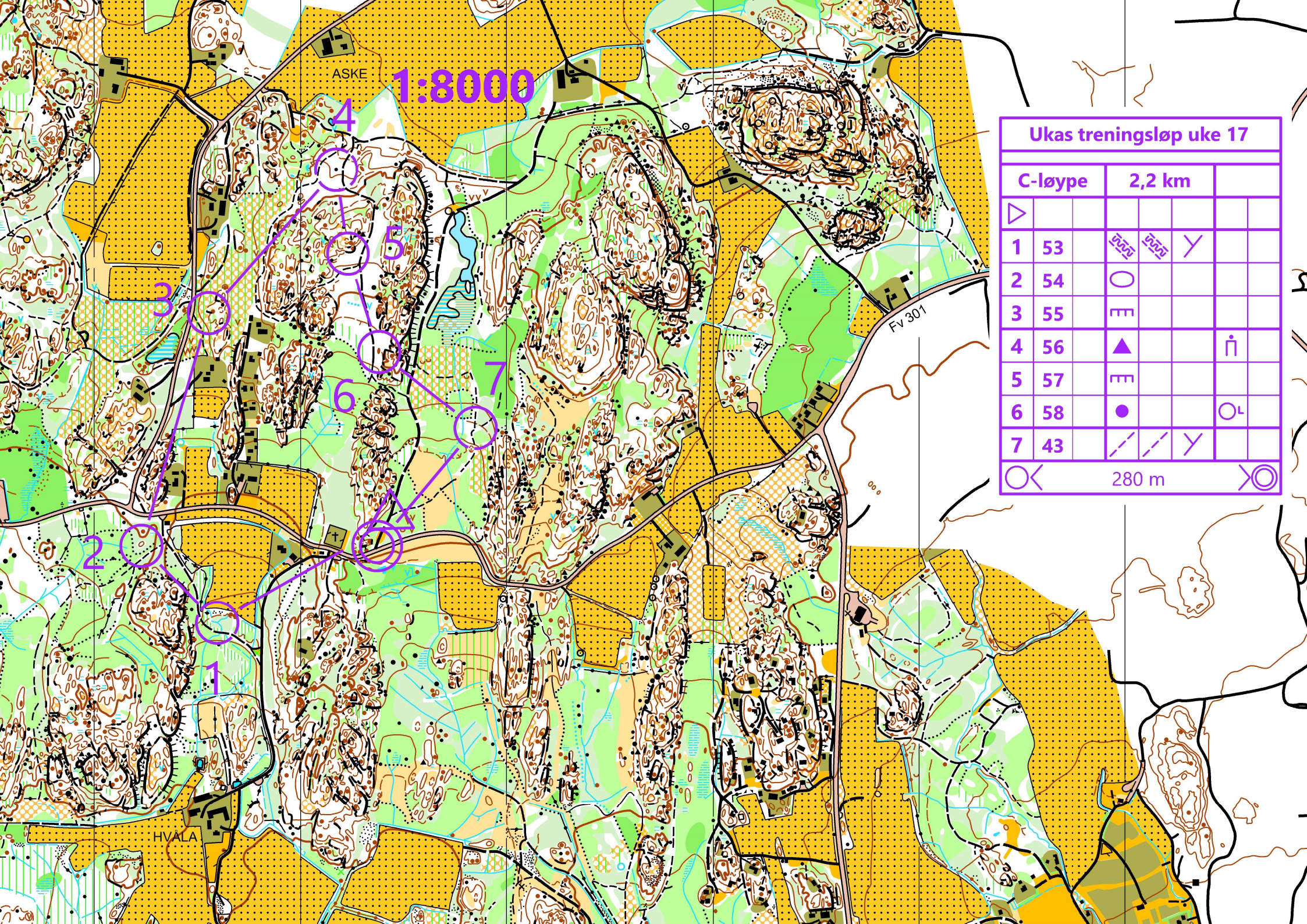




1:8000

Ukas treningsløp uke 17

C-løype		2,2 km			
▶					
1	53	▬▬▬▬	▬▬▬▬	Y	
2	54	○			
3	55	▬▬			
4	56	▲			Ħ
5	57	▬▬			
6	58	●			○ ^L
7	43	▬▬	▬▬	Y	
○◀	280 m				▶○