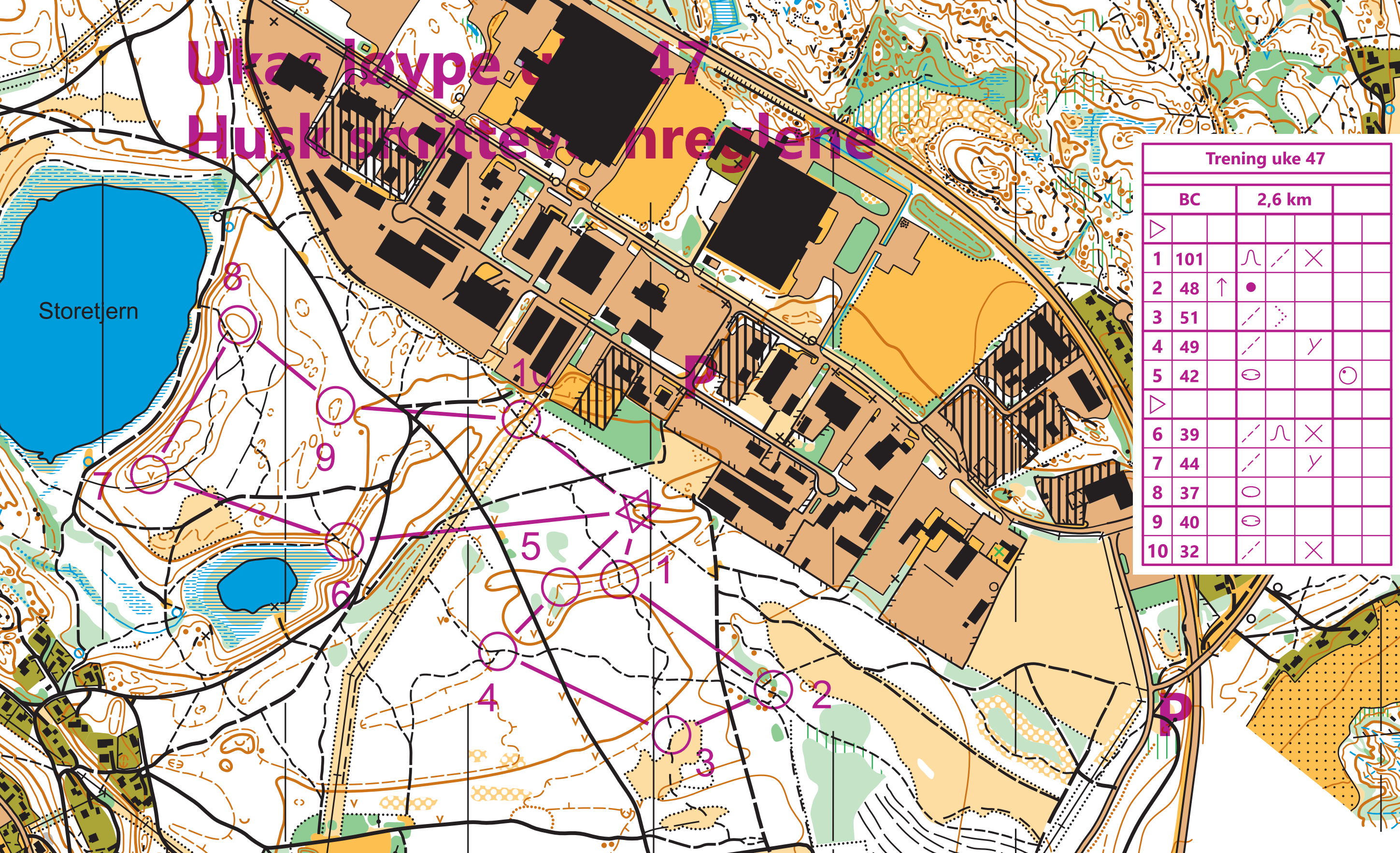


Ukas løype uke 47

Husk smitteverntrengene



Trening uke 47				
	BC	2,6 km		
▷				
1	101	∩	/	×
2	48	↑	●	
3	51	/	⋯	
4	49	/	γ	
5	42	○		○
▷				
6	39	/	∩	×
7	44	/	γ	
8	37	○		
9	40	○		
10	32	/		×