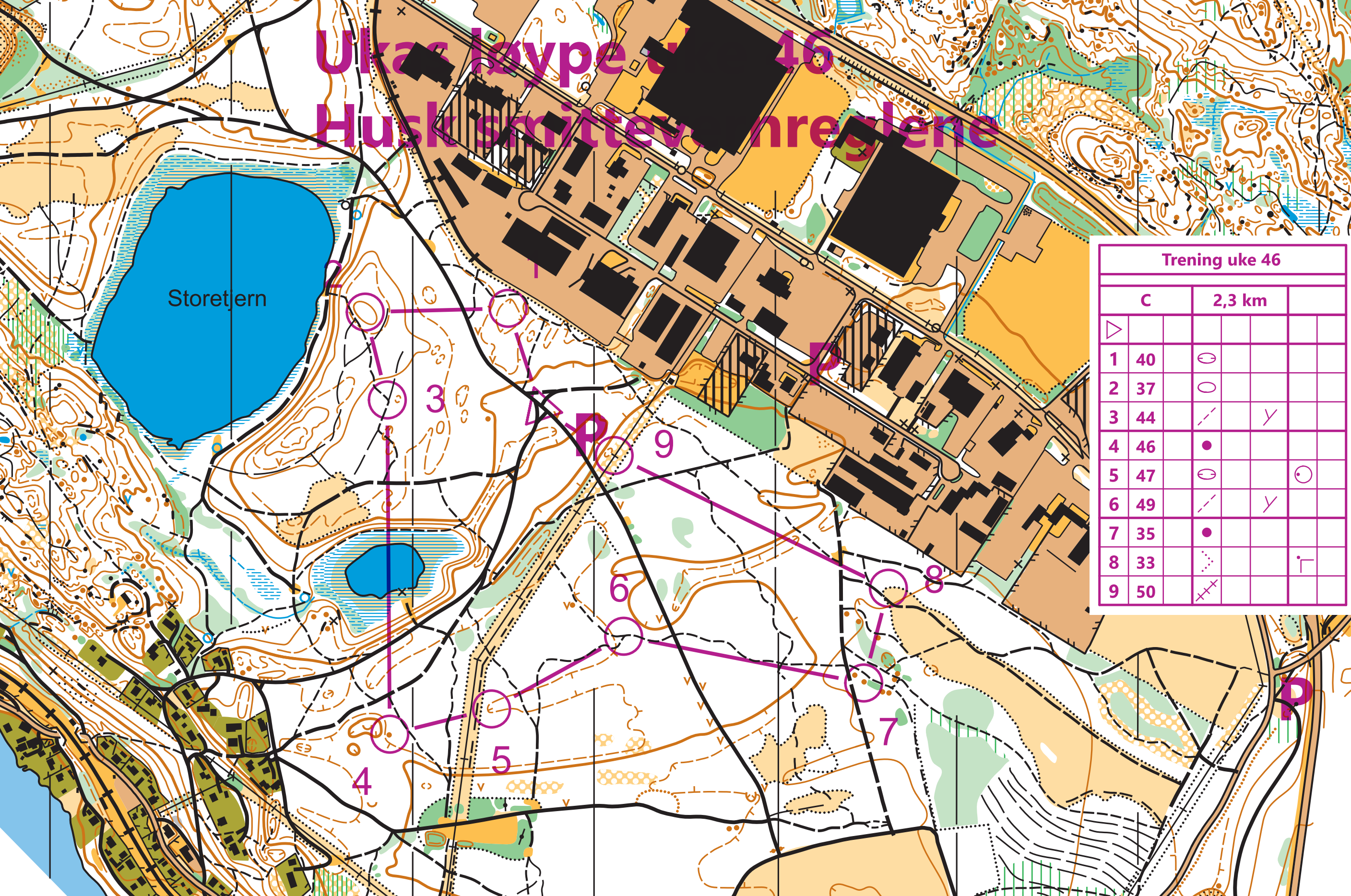


# Ukas løype uke 46

## Husk smittevernsreglene



| Trening uke 46 |    |        |   |   |
|----------------|----|--------|---|---|
|                | C  | 2,3 km |   |   |
| ▷              |    |        |   |   |
| 1              | 40 | ⊖      |   |   |
| 2              | 37 | ○      |   |   |
| 3              | 44 | /      | γ |   |
| 4              | 46 | ●      |   |   |
| 5              | 47 | ⊖      |   | ○ |
| 6              | 49 | /      | γ |   |
| 7              | 35 | ●      |   |   |
| 8              | 33 | ⋄      |   | └ |
| 9              | 50 | ⊕      |   |   |