



Storetjern

Trening uke 41					
	3	3,5 km			
▷					
1	33	●			
2	34	⋯		∧	
3	37	⊗			
4	40	∇			
5	41	○			
6	37	⊗			
7	39	← ●			
8	42	∩			
9	38	∪			
10	37	⊗			
11	43	●			
12	36	∩			
13	31	∕	∪		

3/6/10