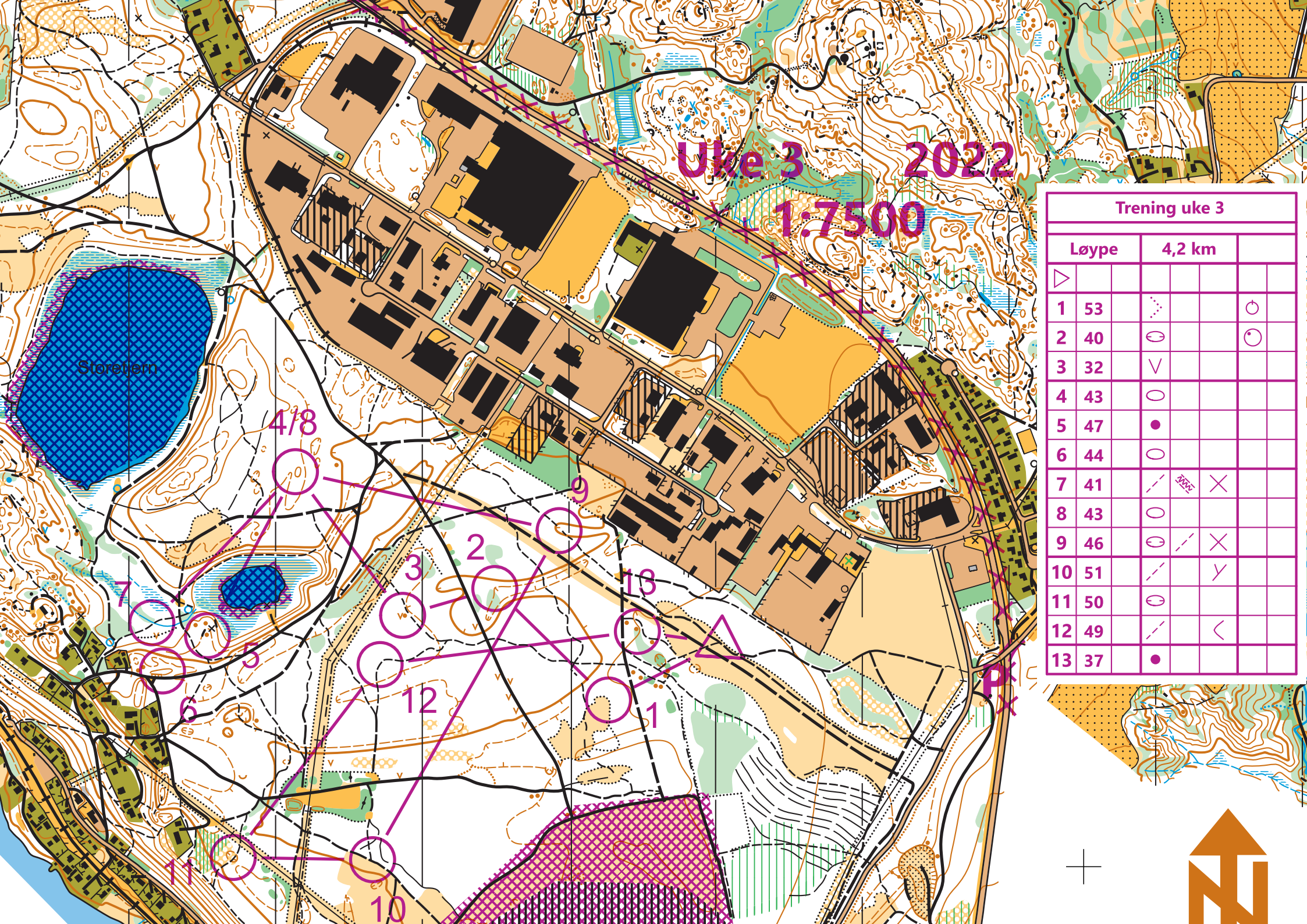


# Uke 3 2022

## 1:7500



### Trening uke 3

Løype	4,2 km		
▶			
1 53	↘		○
2 40	○		○
3 32	∇		
4 43	○		
5 47	●		
6 44	○		
7 41	↗	2022	×
8 43	○		
9 46	○	↗	×
10 51	↗		∇
11 50	○		
12 49	↗		<
13 37	●		

