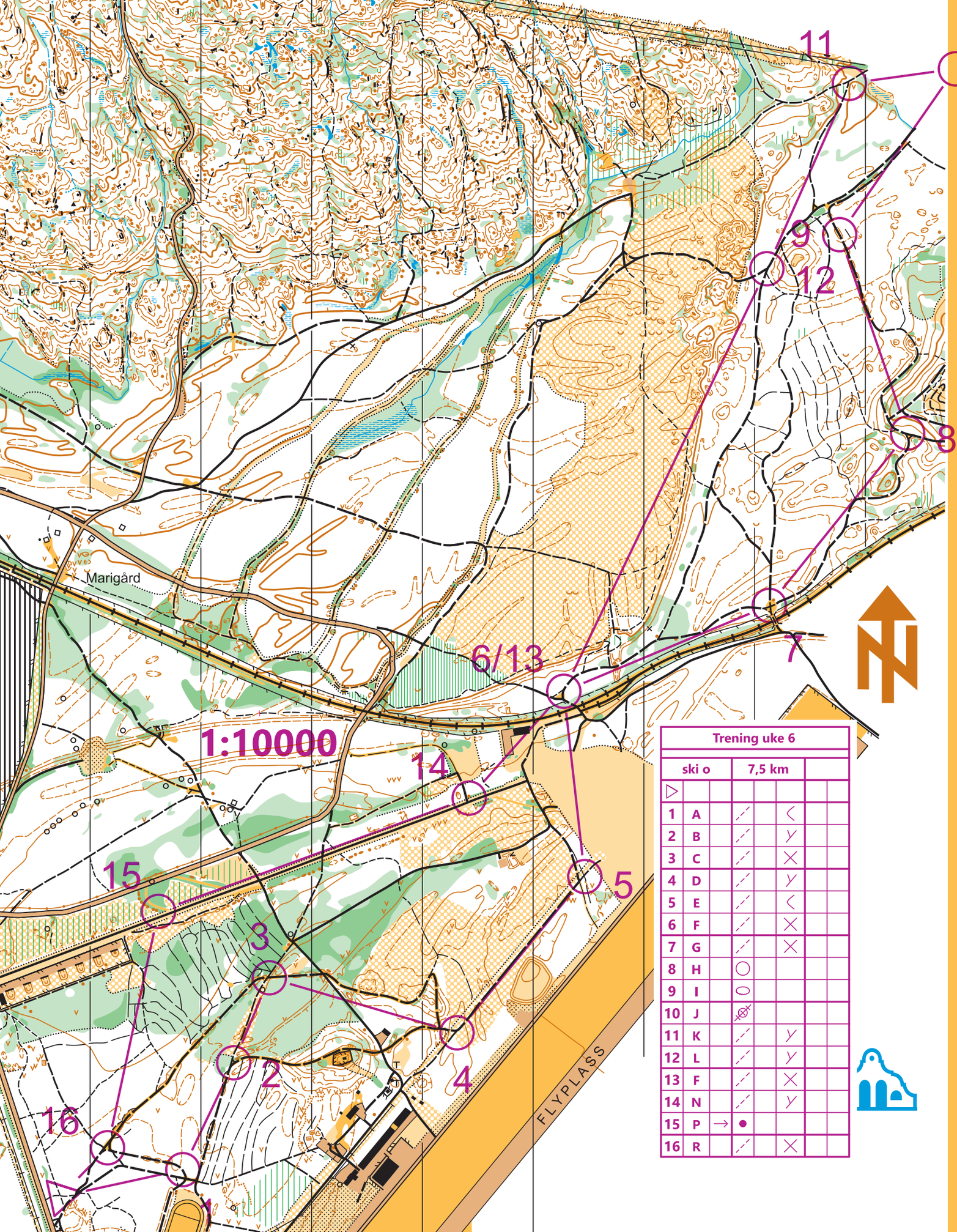

Trening uke 6								
ski o			7,5 km					
▷								
1	A				⟨			
2	B				Y			
3	C				X			
4	D				Y			
5	E				⟨			
6	F				X			
7	G				X			
8	H		○					
9	I		○					
10	J		⊘					
11	K				Y			
12	L				Y			
13	F				X			
14	N				Y			
15	P	→	●					
16	R				X			