



Trening uke 6

	2	3,6 km		
▷				
1	48	/	γ	
2	53	/	γ	
3	36	∇		
4	39	∇		
5	43	∇		
6	38	↗		└
7	46	○		
8	50	/	/	γ
9	34	○		
10	47	/		γ
11	35	∇		
12	33	∇		
13	42	→	●	
14	37	/		×
15	45	/		×