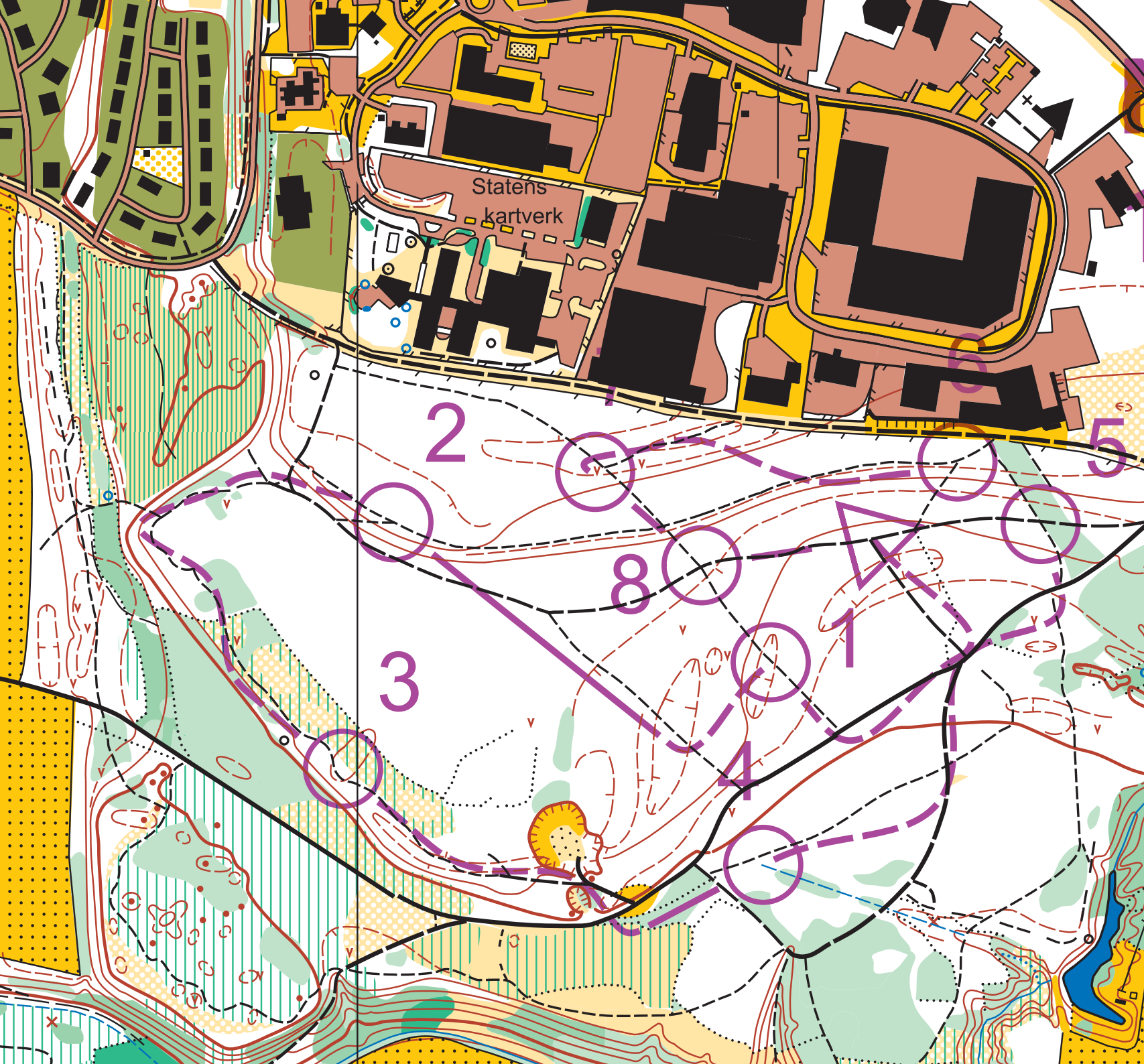


NORD

1:3000



Trening uke 10

	1	2,0 km			
▷					
○		200 m	---	→	
1	40	/	⊖	×	
○		90 m	---	→	
2	43	/		∨	
○		360 m	---	→	○
3	45	○			○
○		210 m	---	→	
4	137	5522			↖
○		280 m	---	→	
5	33	/		∨	
6	31	/		∨	
○		240 m	---	→	○
7	39	∨			
8	47	/		×	