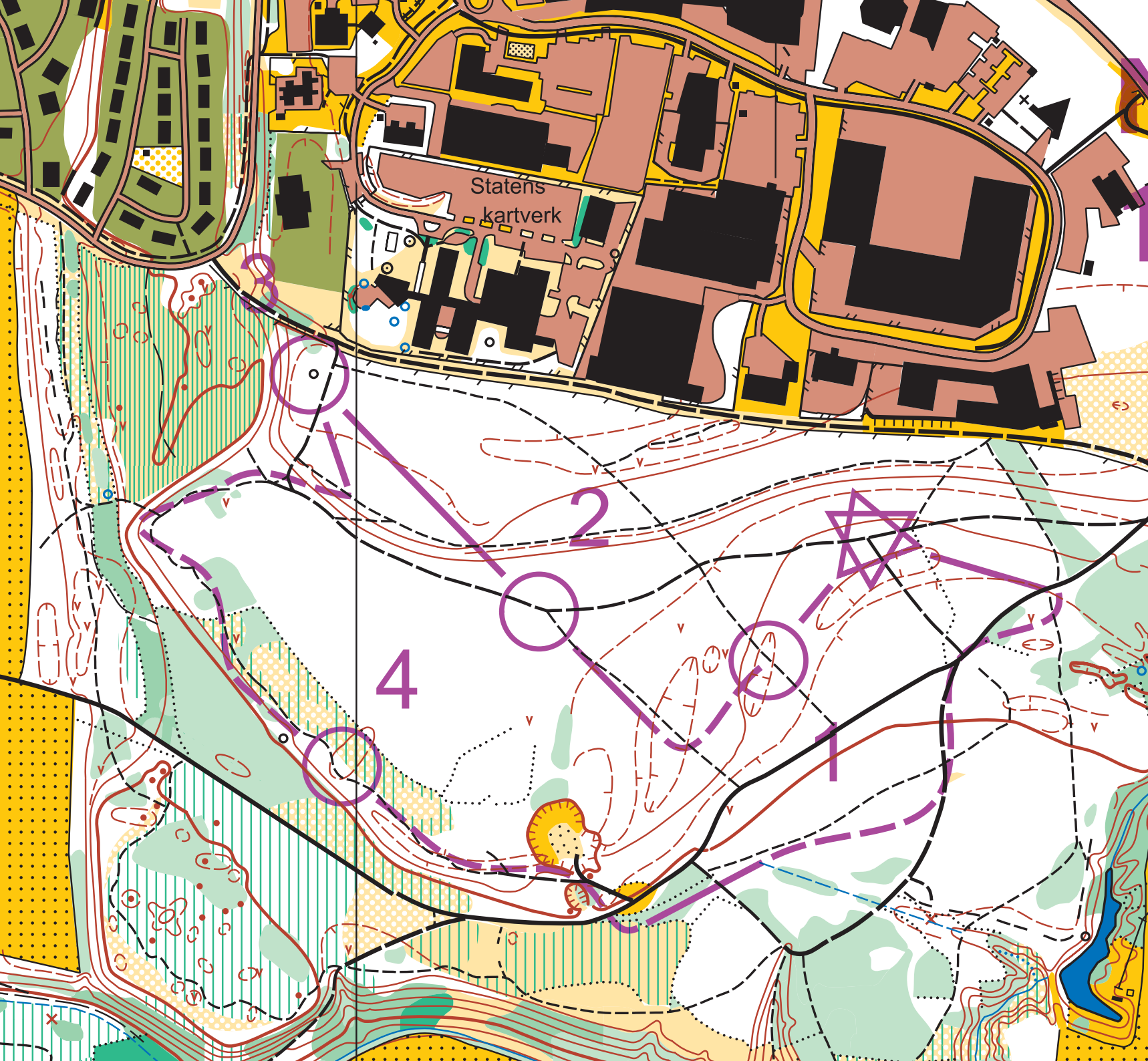


NORD

1:3000

Trening uke 10

	2		1,6 km		
▷					
1	40	/	⊖	×	
○			90 m	→	
2	32	/		∕	
3	52	○		Q	
			330 m	→	○
4	45	○			○
			210 m	→	
			270 m	→	
▷					



Hverven