



**1:5000**  
**NORD**

**Trening uke 45**

Moment		2,4 km			
▷					
1	38	⊖			⊙
2	32	⊖			⊙
3	40	⋄	5000	×	
4	41	∩			
5	51	○			
6	43	●			
7	36	∇			
8	37	⋄	∇		
9	31	⋄	∇		
10	45	∇			
11	46	∇			
12	35	○			
13	31	⋄	∇		