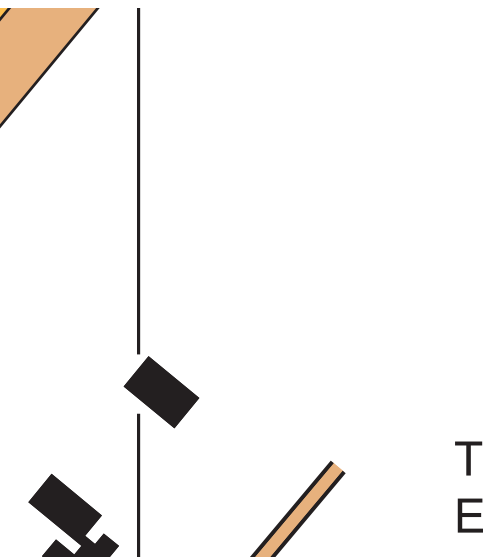


Trening uke 49

Løype		3,1 km			
▷					
1	46	✓			
2	32	✓			
3	34	✓			
4	49	⊖			
5	51	/	<		
6	39	↑	✓		
7	40	✓			
8	37	⊖			
9	143	/	Y		
10	41	⊖			○



Tr
Er