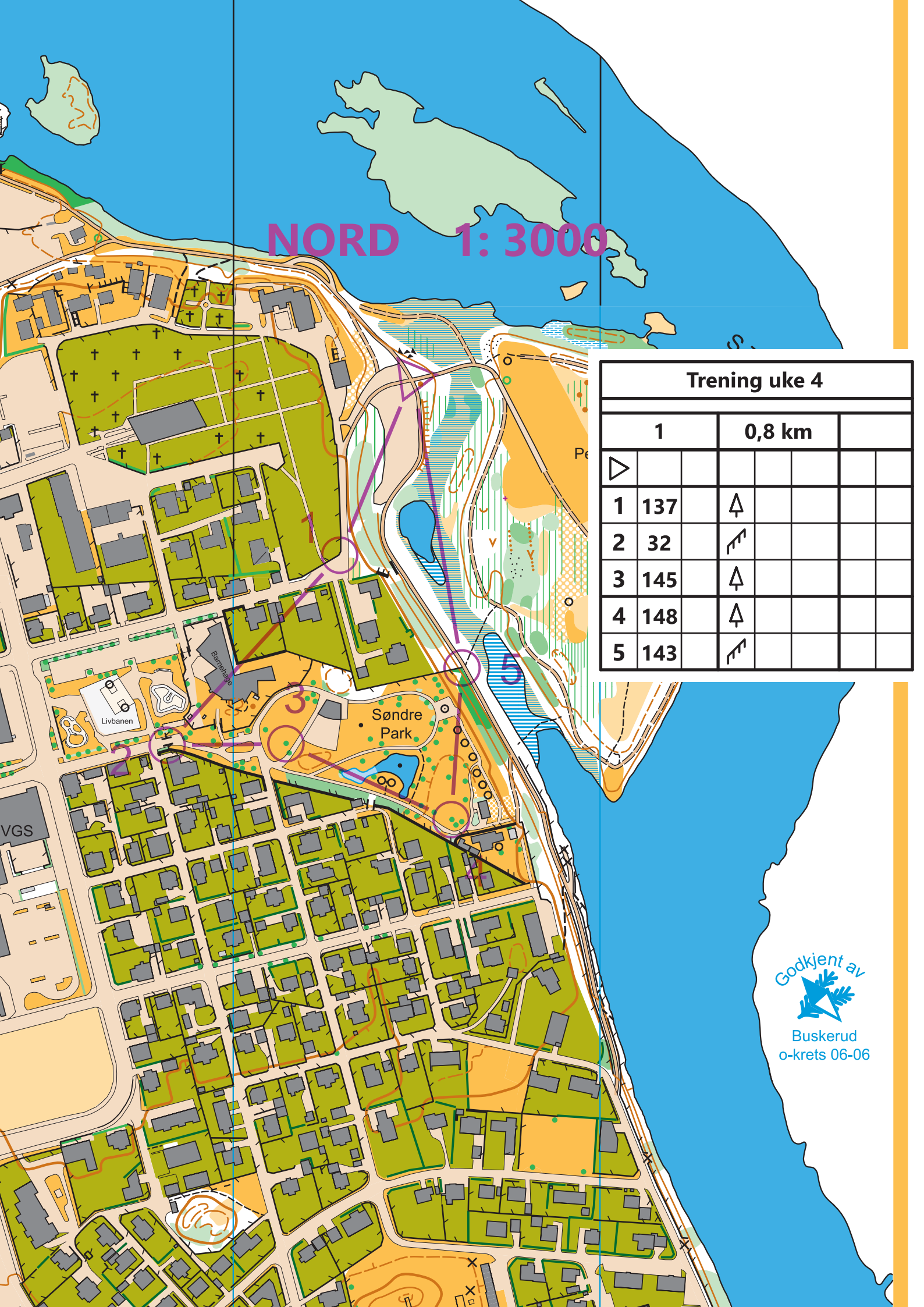


NORD 1: 3000



Trening uke 4					
	1	0,8 km			
▷					
1	137	△			
2	32	↗			
3	145	△			
4	148	△			
5	143	↗			