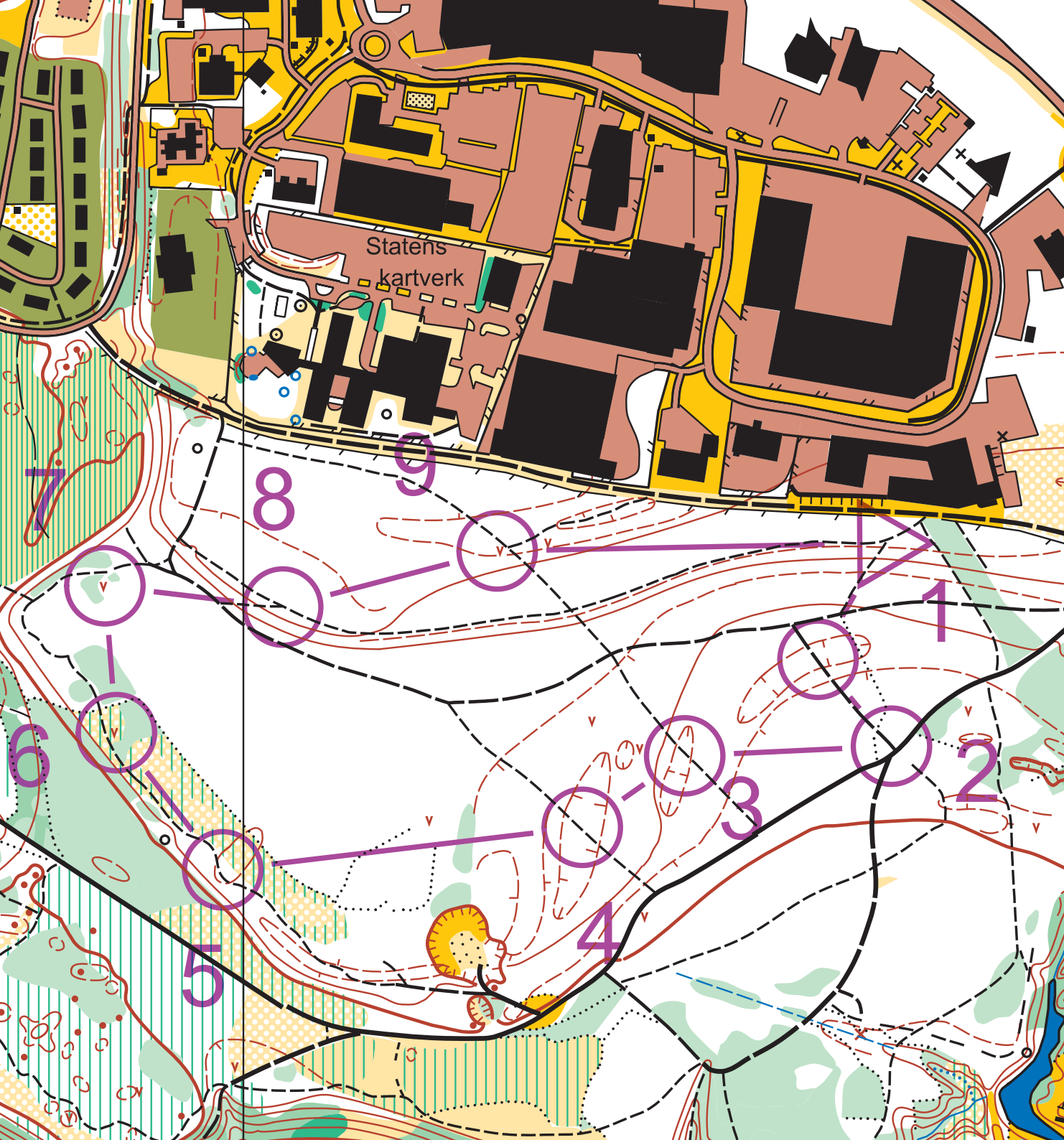


# 1:4000 NORD



## Trening uke 11

|   |     | 1,5 km |   |   |  |  |
|---|-----|--------|---|---|--|--|
|   |     | 1      |   |   |  |  |
| ▷ |     |        |   |   |  |  |
| 1 | 41  | /      | ⊖ | × |  |  |
| 2 | 149 | /      |   | ∇ |  |  |
| 3 | 45  | /      | ⊖ | × |  |  |
| 4 | 51  | /      | ⊖ | × |  |  |
| 5 | 136 | ○      |   |   |  |  |
| 6 | 38  | v      |   |   |  |  |
| 7 | 35  | v      |   |   |  |  |
| 8 | 39  | /      |   | ∇ |  |  |
| 9 | 138 | v      |   |   |  |  |