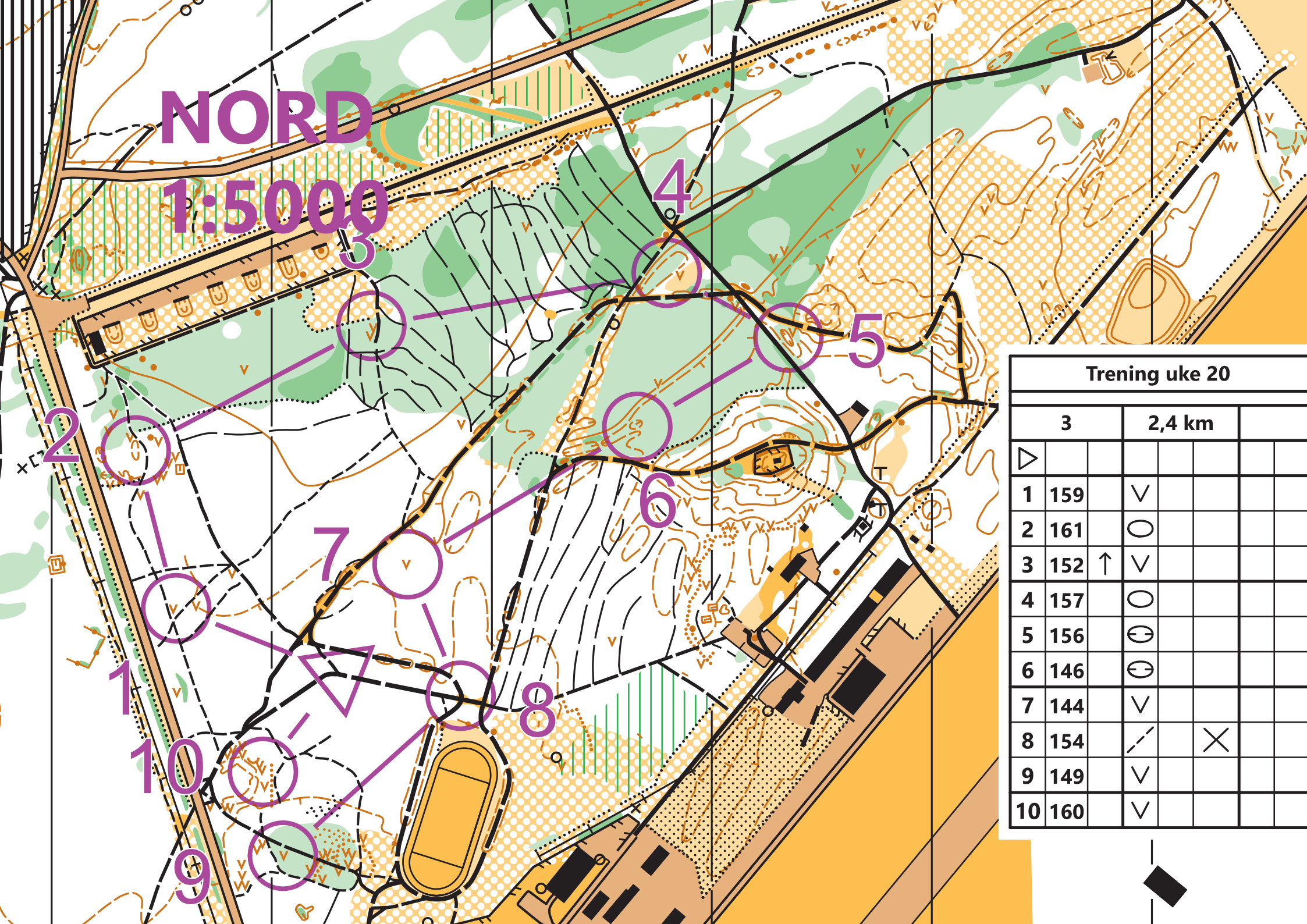


# NORD

## 1:5000



Trening uke 20

	3	2,4 km			
▷					
1	159	∇			
2	161	○			
3	152	↑	∇		
4	157	○			
5	156	⊖			
6	146	⊖			
7	144	∇			
8	154	↗		×	
9	149	∇			
10	160	∇			

