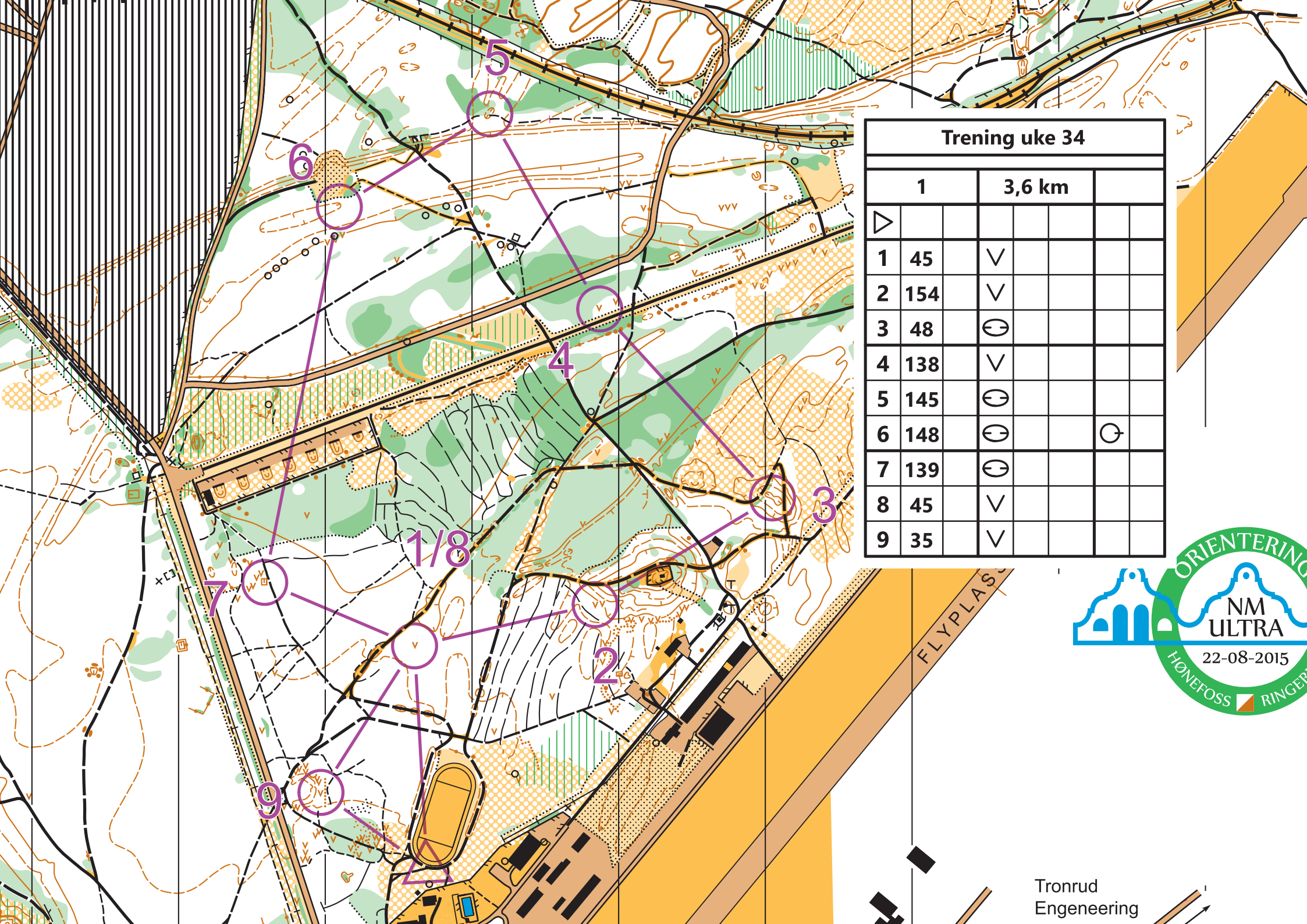

Trening uke 34							
1			3,6 km				
▷							
1	45		V				
2	154		V				
3	48		⊖				
4	138		V				
5	145		⊖				
6	148		⊖			↻	
7	139		⊖				
8	45		V				
9	35		V				

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ULTRA
22-08-2015
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