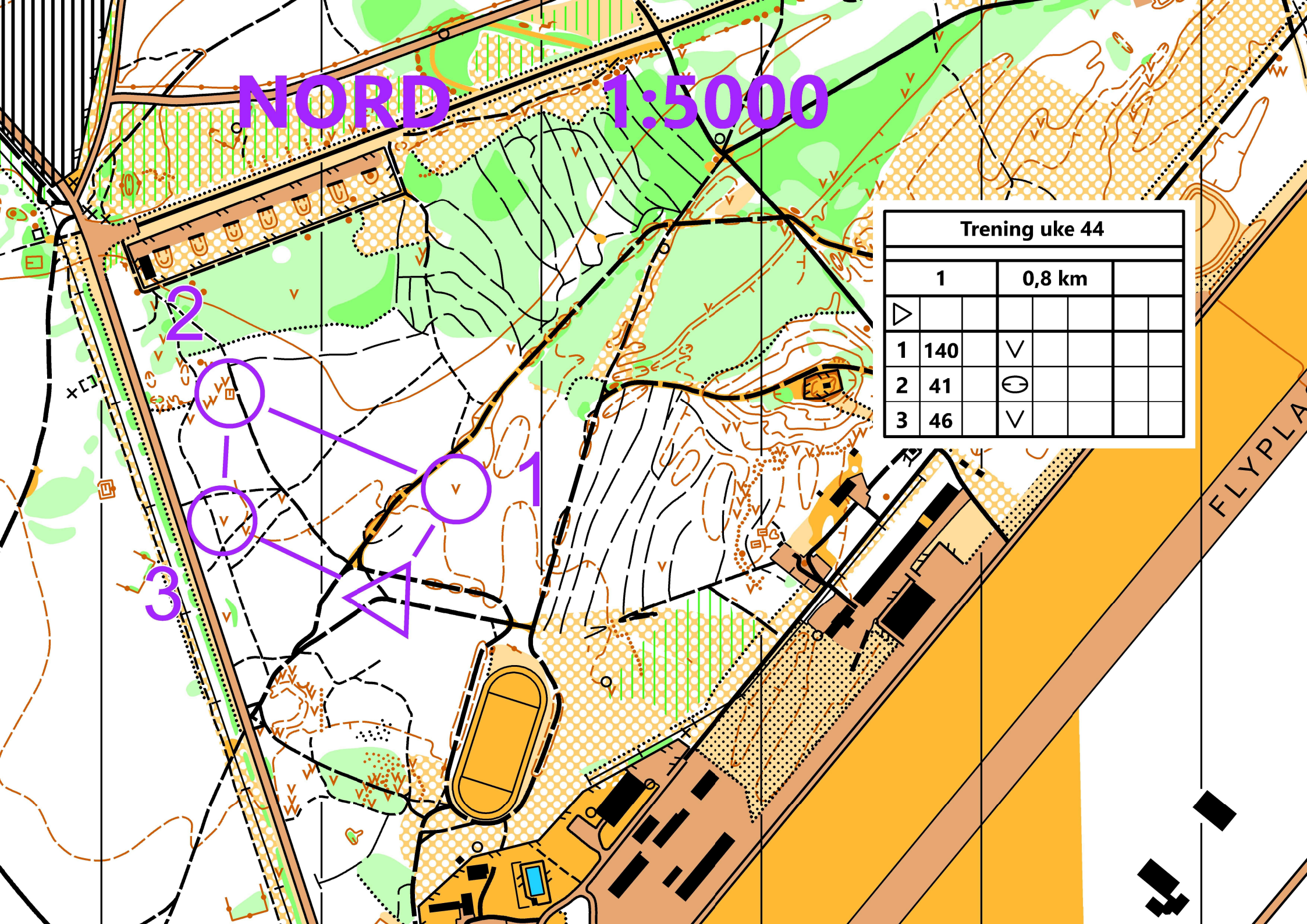


| Trening uke 44 | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | | | 0,8 km | | | | |
| ▷ | | | | | | | |
| 1 | 140 | | V | | | | |
| 2 | 41 | | ⊖ | | | | |
| 3 | 46 | | V | | | | |