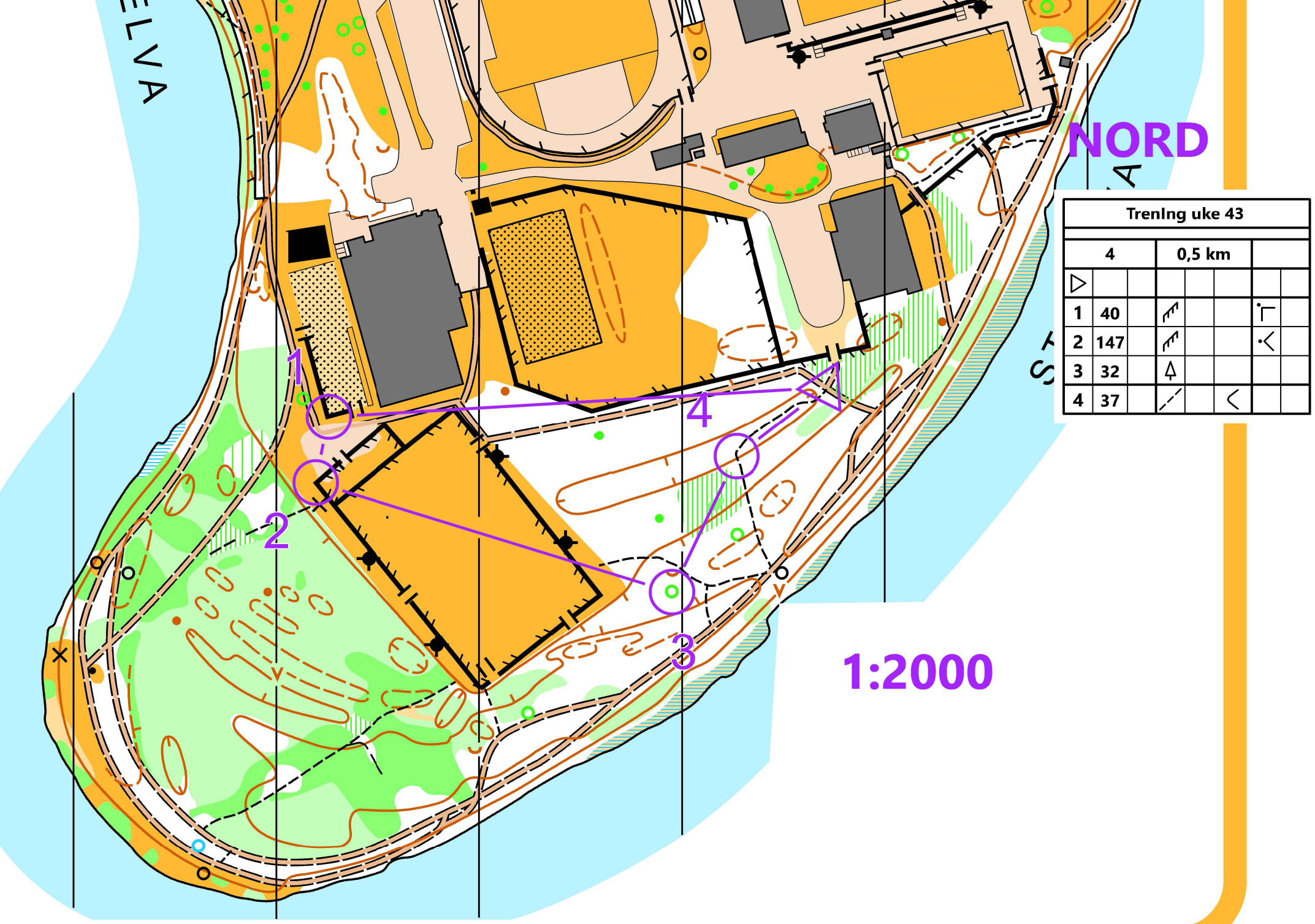

Trening uke 43							
4			0,5 km				
▷							
1	40						
2	147						
3	32						
4	37						