

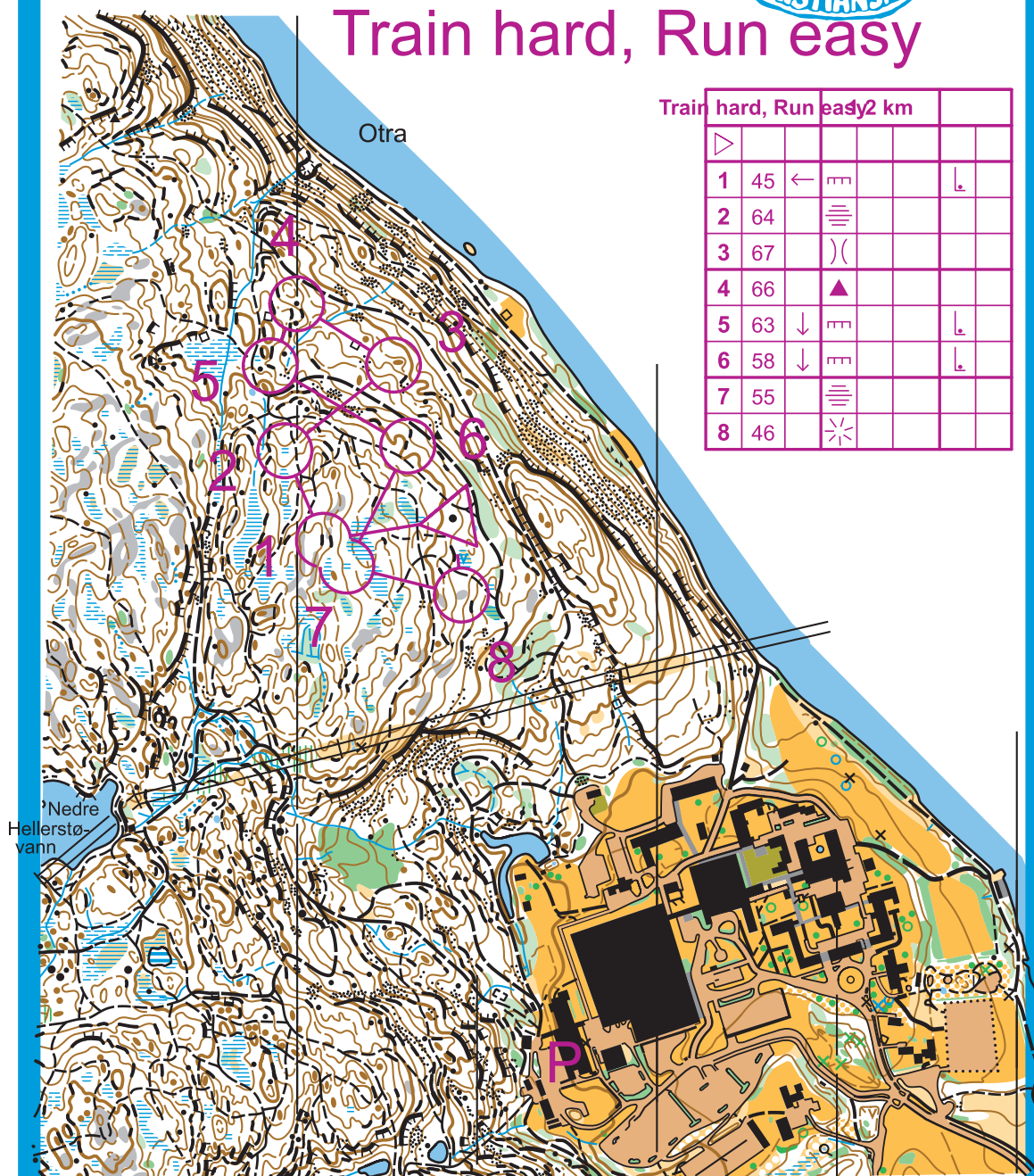
KOK Trening 23.april 2018 dag og natt

Utsnitt Oddersjaas kart Bymarka fra 2013

Målestokk 1:7500, ekv 5 meter



Train hard, Run easy



Train	hard,	Run	easy	2 km	
1	45	←	≡		⌞
2	64		≡		
3	67		) (		
4	66		▲		
5	63	↓	≡		⌞
6	58	↓	≡		⌞
7	55		≡		
8	46		✱		