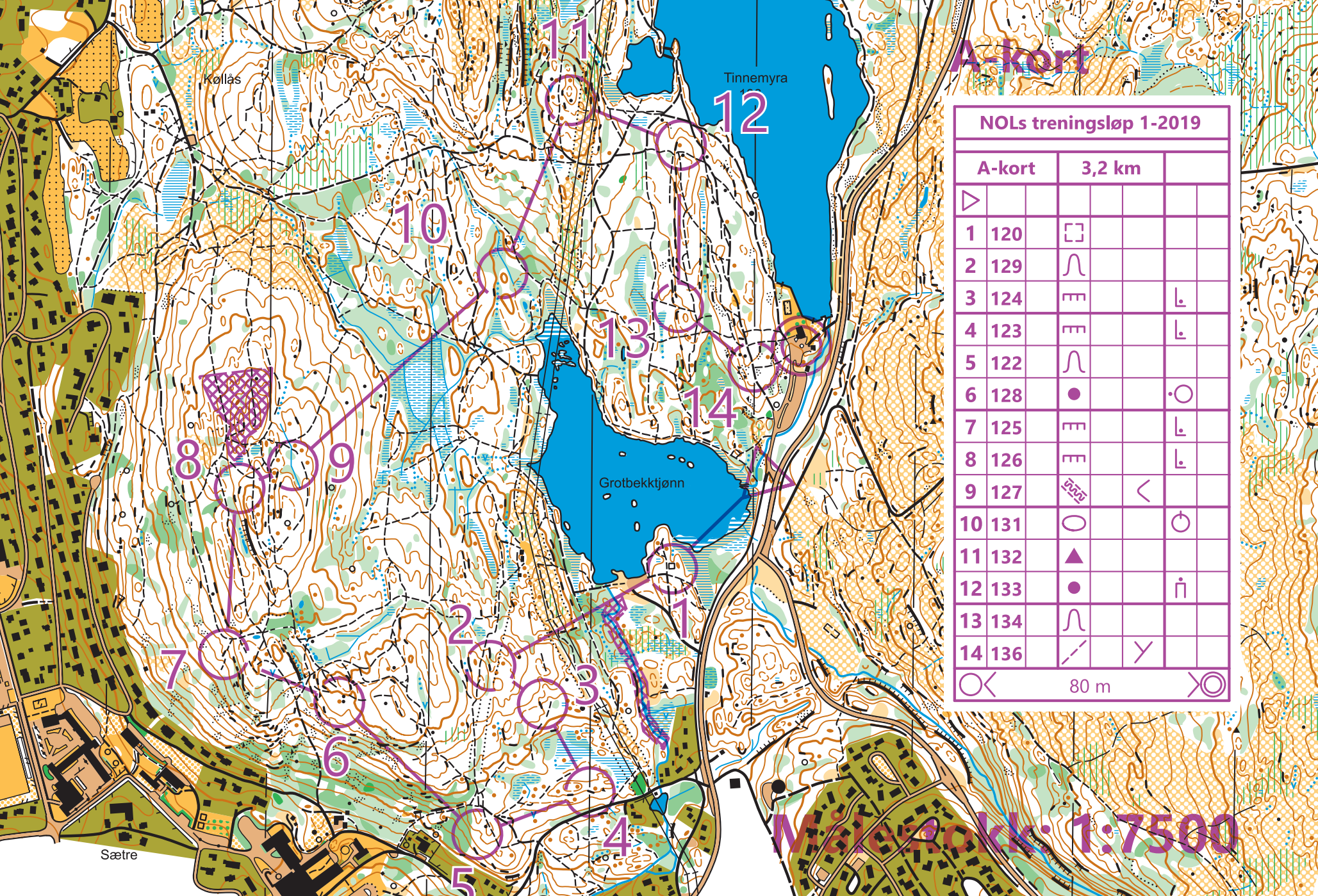




A-kort

NOLs treningsløp 1-2019

A-kort		3,2 km			
▷					
1	120	□			
2	129	∩			
3	124	≡			⊥
4	123	≡			⊥
5	122	∩			
6	128	●			⊙
7	125	≡			⊥
8	126	≡			⊥
9	127	≡		<	
10	131	○			⊙
11	132	▲			
12	133	●			⊙
13	134	∩			
14	136	↗		↘	
○		80 m		⊙	

Skala: 1:7500