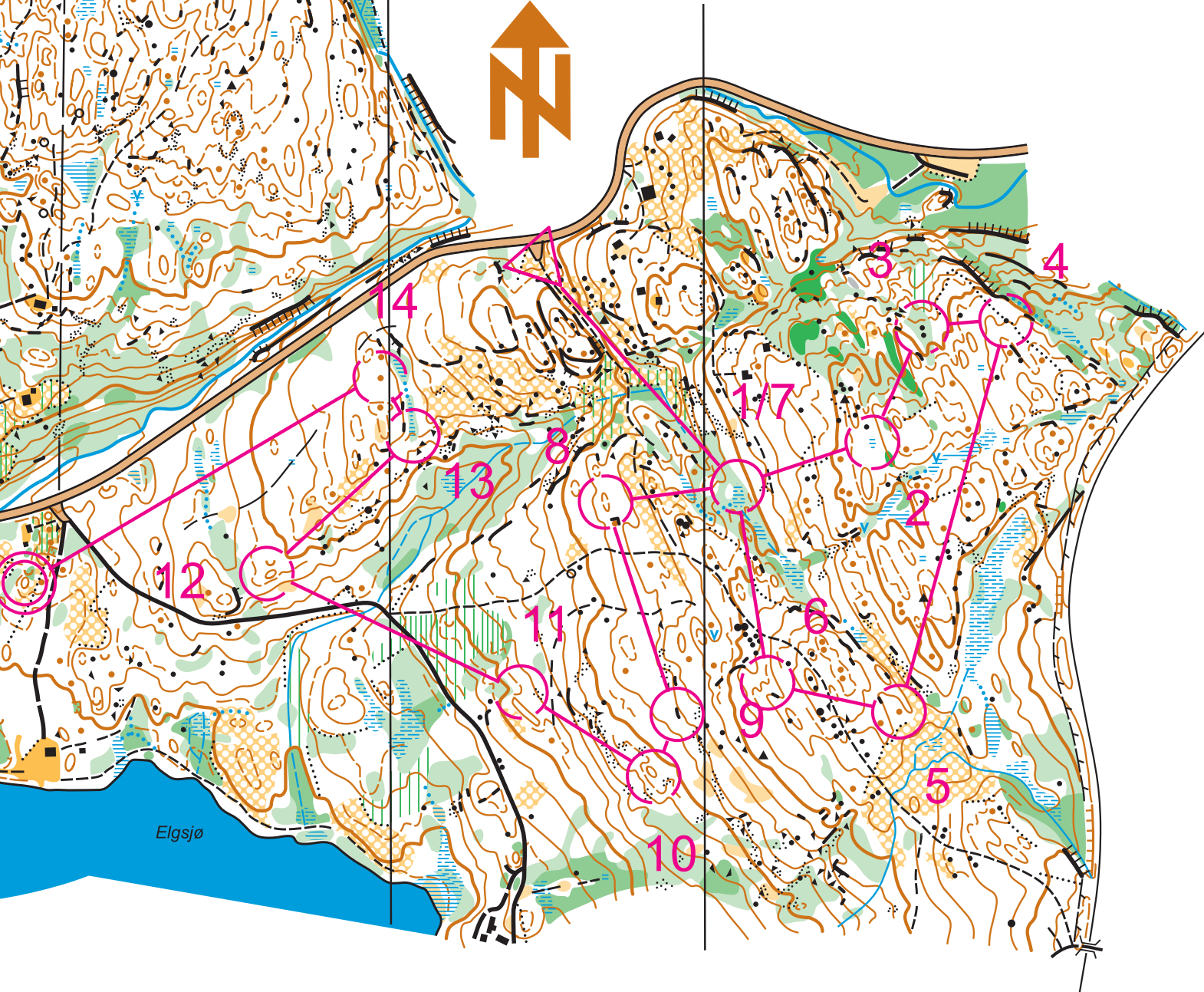




Treningsløp 20.06.19									
A			3,0 km						
▶			◊			○			
1	135		≡			○			
2	137		≡						
3	123	↑	▲			◦			
4	129		▲			○			
5	134		•			◌			
6	125		∩						
7	135		≡			○			
8	131		○			◌			
9	121		≡			◌			
10	126		○			◌			
11	122		∩						
12	136		○			◌			
13	130		≡			○			
14	133		•			◦			
○			420 m			⊗			