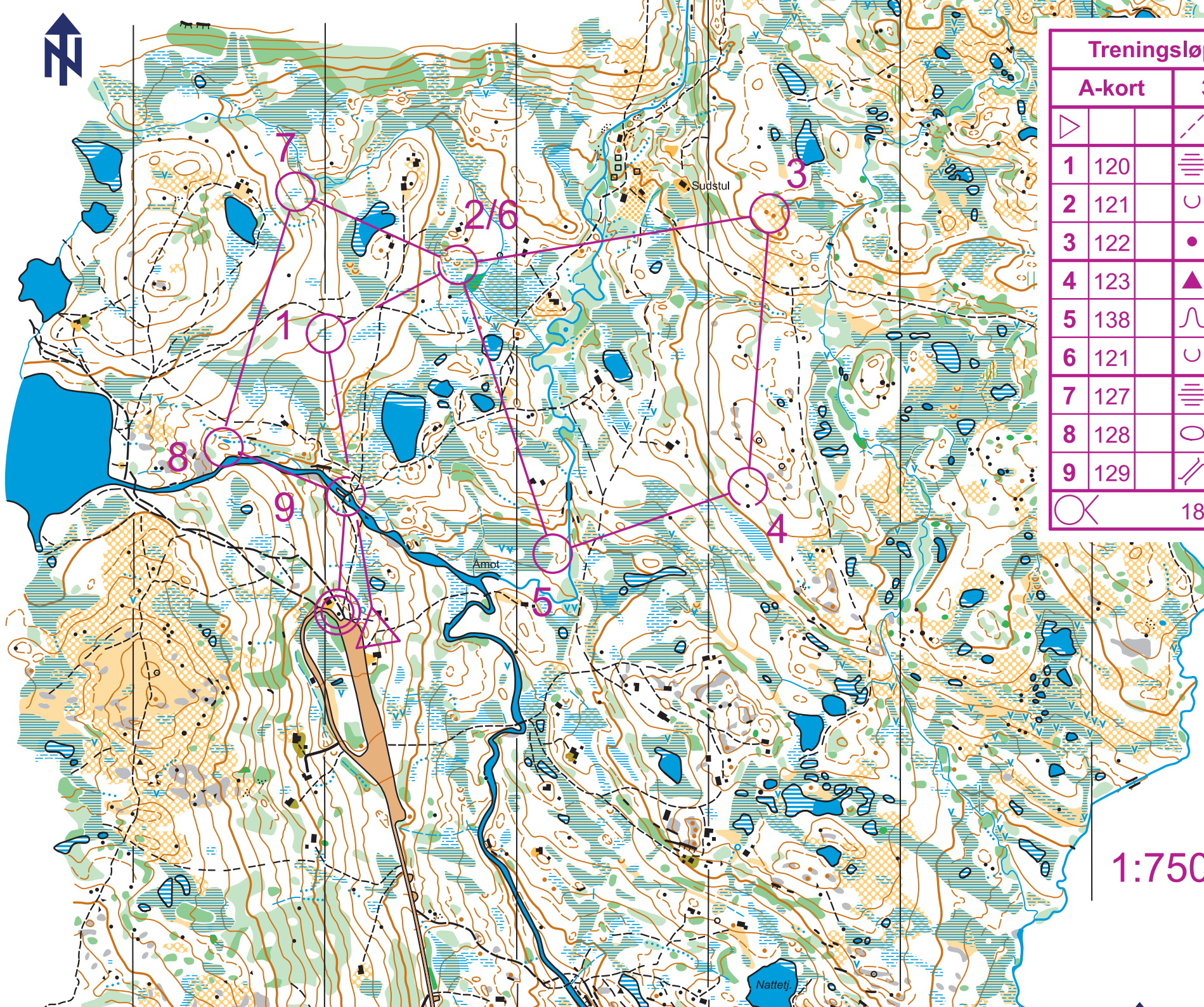




Treningsløp 12.09.2019

A-kort

3,5 km

▷		↗		↘	
1	120	≡			
2	121	∪			
3	122	•			≡
4	123	▲			♀
5	138	∩			
6	121	∪			
7	127	≡			
8	128	○			♀
9	129	↗			

180 m

1:7500