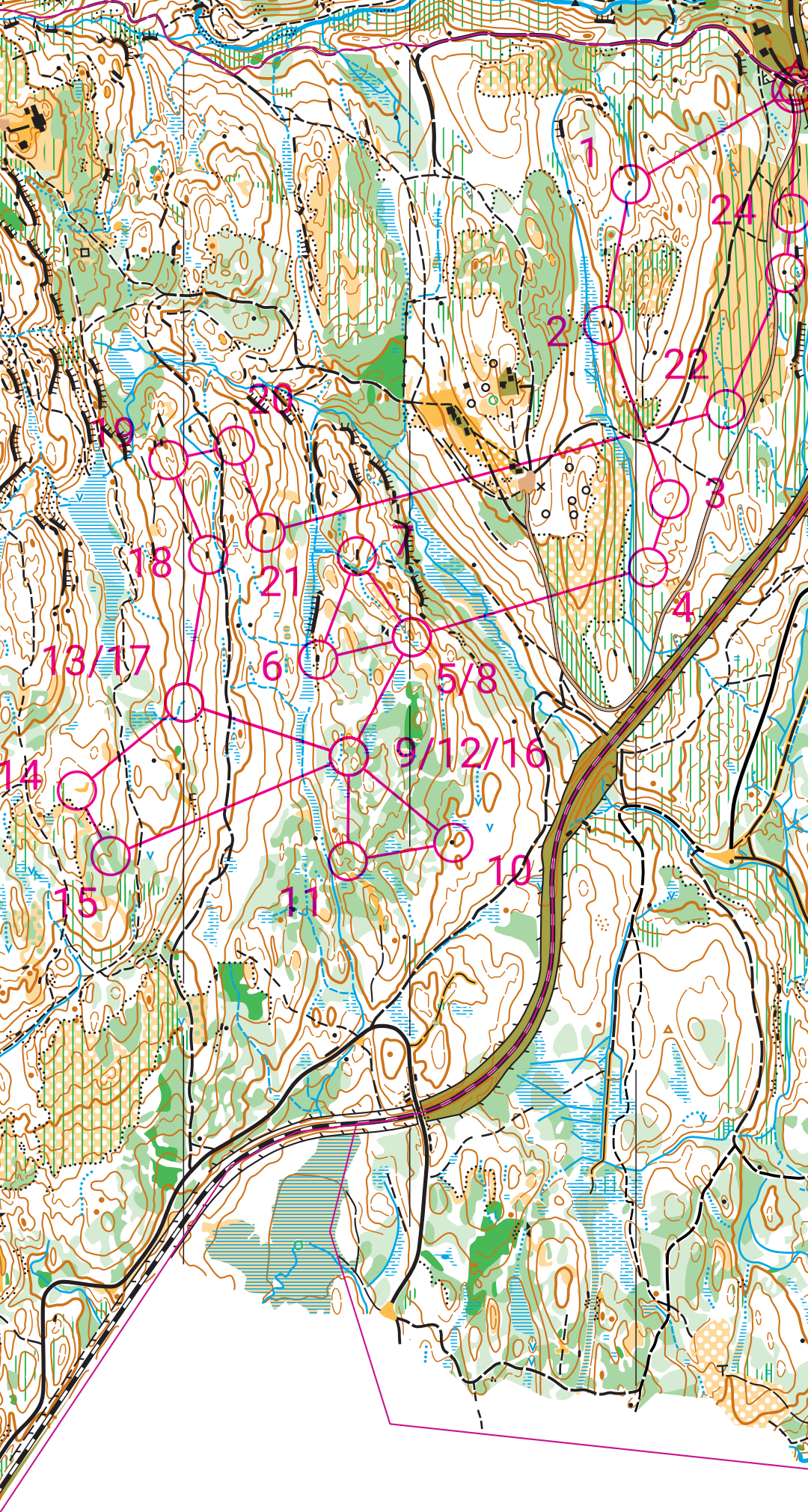




Trening uke 20									
A-løype		4,9 km							
▷			/	/	Y				
1	60		▲						
2	37	←	▲						
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8	53		○					⋈	
9	61		∩						
10	62		▲						
11	63		∩						
12	61		∩						
13	58		⋈					↗	
14	64		◇					⊙	
15	65		≡						
16	61		∩						
17	58		⋈					↗	
18	57		≡					└	
19	66		∩						
20	51		▲						
21	67		▲						
22	32		⋈						
23	48		▲						
24	47		≡					└	
		160 m							