

Melsom

Treningsløp 18 juni.

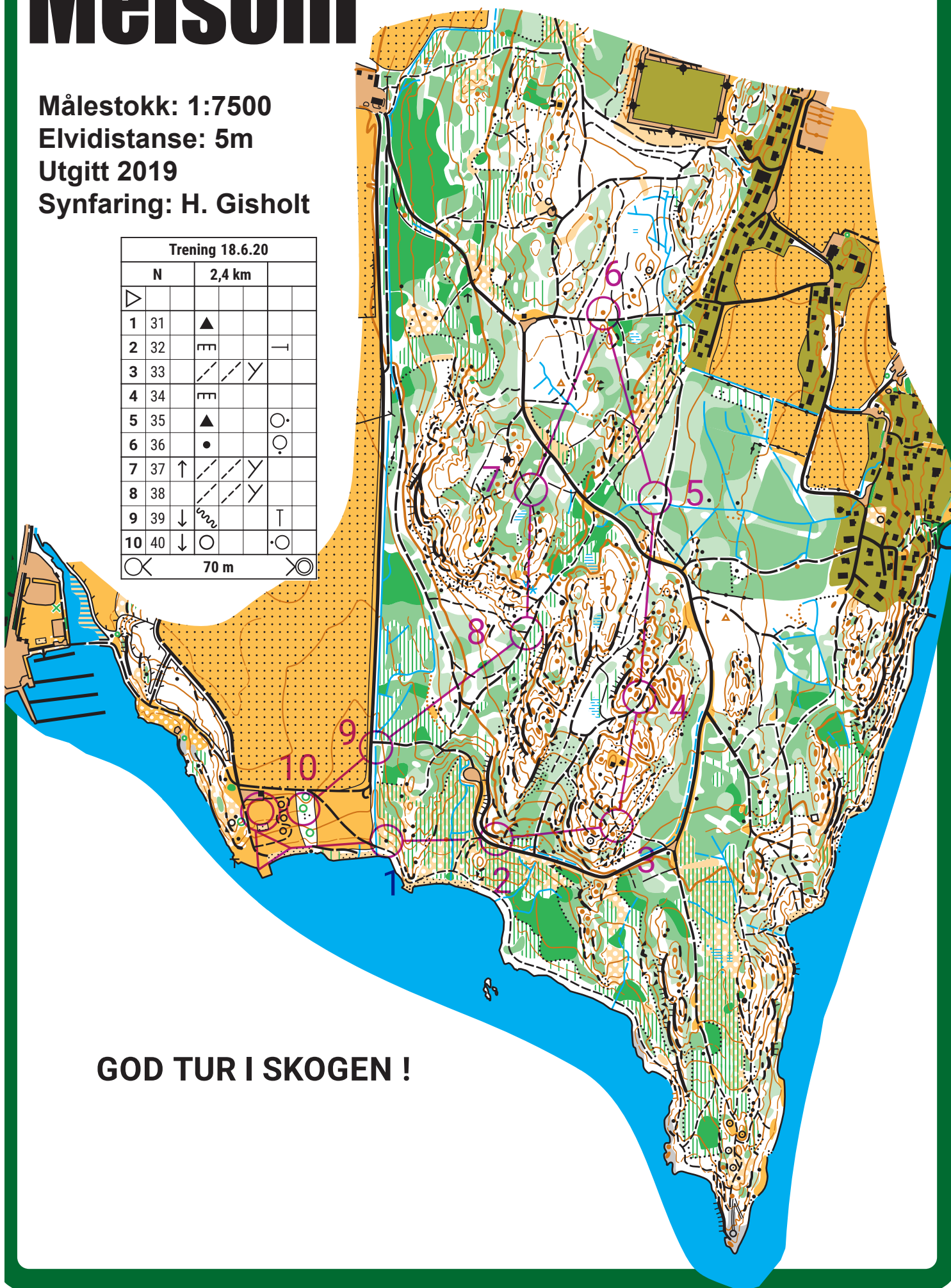
Målestokk: 1:7500

Elvidistanse: 5m

Utgitt 2019

Synfaring: H. Gisholt

Trening 18.6.20				
	N	2,4 km		
1	31	▲		
2	32	≡		⊥
3	33	⋈	Y	
4	34	≡		
5	35	▲		○
6	36	●		○
7	37	↑	⋈	Y
8	38		⋈	Y
9	39	↓	⋈	⊥
10	40	↓	○	○
		70 m		



GOD TUR I SKOGEN !