

| FOKUSLØP - Stage2  |     |        |      |      |     |   |   |  |  |
|--------------------|-----|--------|------|------|-----|---|---|--|--|
| A1                 |     | 5,4 km |      |      |     |   |   |  |  |
| ----- 110 m ----→△ |     |        |      |      |     |   |   |  |  |
| ▷                  |     | ↑      | ↘    | 2002 | ↘   |   |   |  |  |
| 1                  | 115 | ↘      | ▲    |      | 1   | ○ |   |  |  |
| 2                  | 122 |        | ≡    |      | 1.5 | └ |   |  |  |
| 3                  | 117 | ↙      | ▲    |      | 1   | ○ |   |  |  |
| 4                  | 116 |        | ▲    |      | 1.5 | ○ |   |  |  |
| 5                  | 118 |        | ≡    | ≡≡   | 2   | └ |   |  |  |
| 6                  | 124 | ↓      | ∩    | —    |     |   |   |  |  |
| 7                  | 126 |        | ▲    |      | 1   | ○ |   |  |  |
| 8                  | 125 |        | ≡    |      | 2   | └ |   |  |  |
| 9                  | 123 | ↑      | ▲    |      | 1.5 | ○ |   |  |  |
| 10                 | 105 | ≡      | ≡    |      | 4   | ○ | L |  |  |
| 11                 | 104 | ↖      | ≡    |      | 1.5 | └ |   |  |  |
| 12                 | 109 | ↘      | ∩    |      |     |   |   |  |  |
| 13                 | 114 | ↙      | ∩    |      |     |   |   |  |  |
| 14                 | 111 | ↑      | 2002 |      |     | ↙ |   |  |  |
| 15                 | 108 | ↑      | ≡    |      | 2   | ○ | L |  |  |
| 16                 | 103 |        | ▲    |      | 1.5 | ○ |   |  |  |
| ○<                 |     | 140 m  |      | >◎   |     |   |   |  |  |

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| FOKUSLØP - Stage2   |     |        |      |      |     |   |   |  |  |
|---------------------|-----|--------|------|------|-----|---|---|--|--|
| A2                  |     | 4,9 km |      |      |     |   |   |  |  |
| ----- 110 m ----->△ |     |        |      |      |     |   |   |  |  |
| ▷                   |     | ↑      | ↘    | 2002 | ↘   |   |   |  |  |
| 1                   | 115 | ↘      | ▲    |      | 1   | ○ |   |  |  |
| 2                   | 122 |        | ≡    |      | 1.5 | └ |   |  |  |
| 3                   | 116 |        | ▲    |      | 1.5 | ○ |   |  |  |
| 4                   | 118 |        | ≡    | ≡≡   | 2   | └ |   |  |  |
| 5                   | 124 | ↓      | ∩    | —    |     |   |   |  |  |
| 6                   | 123 | ↑      | ▲    |      | 1.5 | ○ |   |  |  |
| 7                   | 105 | ≡      | ≡    |      | 4   | ○ | └ |  |  |
| 8                   | 104 | ↖      | ≡    |      | 1.5 | └ |   |  |  |
| 9                   | 109 | ↘      | ∩    |      |     |   |   |  |  |
| 10                  | 114 | ↙      | ∩    |      |     |   |   |  |  |
| 11                  | 111 | ↑      | 2002 |      |     | ↘ |   |  |  |
| 12                  | 103 |        | ▲    |      | 1.5 | ○ |   |  |  |
| ○<                  |     | 140 m  |      | >◎   |     |   |   |  |  |

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| FOKUSLØP - Stage2  |     |        |   |      |     |   |  |  |  |
|--------------------|-----|--------|---|------|-----|---|--|--|--|
| A3                 |     | 4,2 km |   |      |     |   |  |  |  |
| ----- 110 m ---->△ |     |        |   |      |     |   |  |  |  |
| ▷                  |     | ↑      | ↘ | 2002 | ↘   |   |  |  |  |
| 1                  | 115 | ↘      | ▲ |      | 1   | ○ |  |  |  |
| 2                  | 122 |        | ≡ |      | 1.5 | └ |  |  |  |
| 3                  | 116 |        | ▲ |      | 1.5 | ○ |  |  |  |
| 4                  | 118 |        | ≡ | ≡≡   | 2   | └ |  |  |  |
| 5                  | 124 | ↓      | ∩ | —    |     |   |  |  |  |
| 6                  | 126 |        | ▲ |      | 1   | ○ |  |  |  |
| 7                  | 125 |        | ≡ |      | 2   | └ |  |  |  |
| 8                  | 123 | ↑      | ▲ |      | 1.5 | ○ |  |  |  |
| 9                  | 105 | ≡      | ≡ |      | 4   | ○ |  |  |  |
| 10                 | 104 | ↖      | ≡ |      | 1.5 | └ |  |  |  |
| 11                 | 103 |        | ▲ |      | 1.5 | ○ |  |  |  |
| ○<                 |     | 140 m  |   | >◎   |     |   |  |  |  |

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| FOKUSLØP - Stage2  |     |        |   |      |     |    |  |  |  |
|--------------------|-----|--------|---|------|-----|----|--|--|--|
| A4                 |     | 3,8 km |   |      |     |    |  |  |  |
| ----- 110 m ---->△ |     |        |   |      |     |    |  |  |  |
| ▷                  |     | ↑      | ↘ | 2002 | ↘   |    |  |  |  |
| 1                  | 115 | ↘      | ▲ |      | 1   | ○  |  |  |  |
| 2                  | 122 |        | ≡ |      | 1.5 | └  |  |  |  |
| 3                  | 116 |        | ▲ |      | 1.5 | ○  |  |  |  |
| 4                  | 118 |        | ≡ | ≡≡   | 2   | └  |  |  |  |
| 5                  | 124 | ↓      | ∩ | —    |     |    |  |  |  |
| 6                  | 123 | ↑      | ▲ |      | 1.5 | ○  |  |  |  |
| 7                  | 105 | ≡      | ≡ |      | 4   | ○L |  |  |  |
| 8                  | 104 | ↖      | ≡ |      | 1.5 | └  |  |  |  |
| 9                  | 103 |        | ▲ |      | 1.5 | ○  |  |  |  |
| ○<                 |     | 140 m  |   | >◎   |     |    |  |  |  |

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| FOKUSLØP - Stage2  |     |        |   |      |     |   |   |  |  |
|--------------------|-----|--------|---|------|-----|---|---|--|--|
| B                  |     | 2,7 km |   |      |     |   |   |  |  |
| ----- 110 m ---->△ |     |        |   |      |     |   |   |  |  |
| ▷                  |     | ↑      | ↘ | 2002 | ↘   |   |   |  |  |
| 1                  | 107 |        | ↘ | ↘    | ×   |   |   |  |  |
| 2                  | 113 |        | ≡ |      | 1.7 | └ |   |  |  |
| 3                  | 115 | ↘      | ▲ |      | 1   | ○ |   |  |  |
| 4                  | 121 |        | ▲ |      | 1.2 | ○ |   |  |  |
| 5                  | 114 | ↙      | ∩ |      |     |   |   |  |  |
| 6                  | 122 |        | ≡ |      | 1.5 | └ |   |  |  |
| 7                  | 119 | ↘      | ▲ |      | 1.7 | ○ |   |  |  |
| 8                  | 105 | ≡      | ≡ |      | 4   | ○ | └ |  |  |
| 9                  | 102 |        | ▲ |      | 1.5 | ○ |   |  |  |
| 10                 | 103 |        | ▲ |      | 1.5 | ○ |   |  |  |
| ○<                 |     | 140 m  |   | >○   |     |   |   |  |  |

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| FOKUSLØP - Stage2    |     |        |      |      |     |   |  |  |  |
|----------------------|-----|--------|------|------|-----|---|--|--|--|
| C                    |     | 2,3 km |      |      |     |   |  |  |  |
| ----- 110 m ----->△  |     |        |      |      |     |   |  |  |  |
| ▷                    |     | ↑      | ↘    | 2002 | ↘   |   |  |  |  |
| 1                    | 107 |        | ↘    | ↘    | ×   |   |  |  |  |
| 2                    | 113 |        | ≡    |      | 1.7 | └ |  |  |  |
| 3                    | 120 |        | ●    |      |     |   |  |  |  |
| ○----- 110 m ----->○ |     |        |      |      |     |   |  |  |  |
| 4                    | 121 |        | ▲    |      | 1.2 | ○ |  |  |  |
| 5                    | 112 |        | ∩    |      |     |   |  |  |  |
| 6                    | 111 | ↑      | 2002 |      |     | ↘ |  |  |  |
| 7                    | 110 |        | ↘    | ↘    | ↘   |   |  |  |  |
| 8                    | 106 |        | ✱    |      |     |   |  |  |  |
| 9                    | 102 |        | ▲    |      | 1.5 | ○ |  |  |  |
| 10                   | 103 |        | ▲    |      | 1.5 | ○ |  |  |  |
| ○<                   |     | 140 m  |      | >○   |     |   |  |  |  |

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| FOKUSLØP - Stage2   |     |        |   |      |     |   |  |  |  |
|---------------------|-----|--------|---|------|-----|---|--|--|--|
| N                   |     | 2,0 km |   |      |     |   |  |  |  |
| ----- 110 m ---->△  |     |        |   |      |     |   |  |  |  |
| ▷                   |     | ↑      | ↘ | 2002 | ↘   |   |  |  |  |
| 1                   | 107 |        | ↘ | ↘    | ×   |   |  |  |  |
| 2                   | 120 |        | ● |      |     |   |  |  |  |
| ○----- 110 m ---->○ |     |        |   |      |     |   |  |  |  |
| 3                   | 121 |        | ▲ |      | 1.2 | ○ |  |  |  |
| 4                   | 112 |        | ∩ |      |     |   |  |  |  |
| 5                   | 110 |        | ↘ | ↘    | ↘   |   |  |  |  |
| 6                   | 106 |        | ✱ |      |     |   |  |  |  |
| 7                   | 101 |        | ↘ | ~~~~ | ×   |   |  |  |  |
| ○<                  |     | 300 m  |   | >◎   |     |   |  |  |  |

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