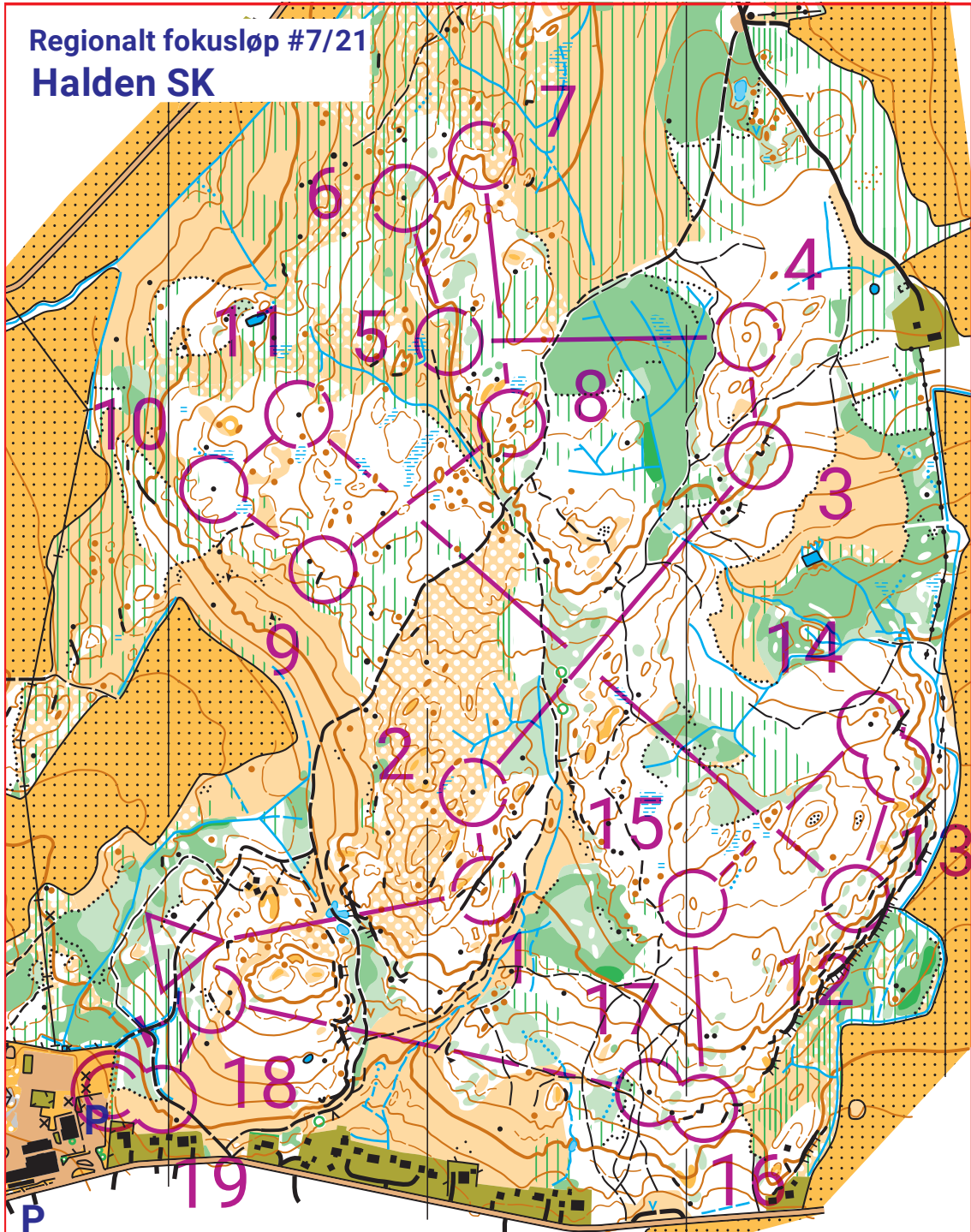


Regionalt fokusløp #7/21 Halden SK



Fokusløp Berg uke 24				
Fokusløp i Østfold 12.6 - 20.6.2021				
A1	5,1 km			
120 m →△				
▷		↗	<	
1	53	•		○
2	52	▲		○
3	43	↙	≡	⊥
4	54	○		⋈

5	61	↘	∩		
6	40		▲		⋈
7	55	→	⌋		○
8	56		•	•	≡
9	47		∩		
10	33		▲		○
11	42		▲		○
12	57	↙	∩		

13	38	▲			○
14	39	▲			○
15	58	○			○
16	31	↑	≡		⊥
17	59	▲			○
18	60	≡			⊥
19	34	↘	↗	Y	
60 m					