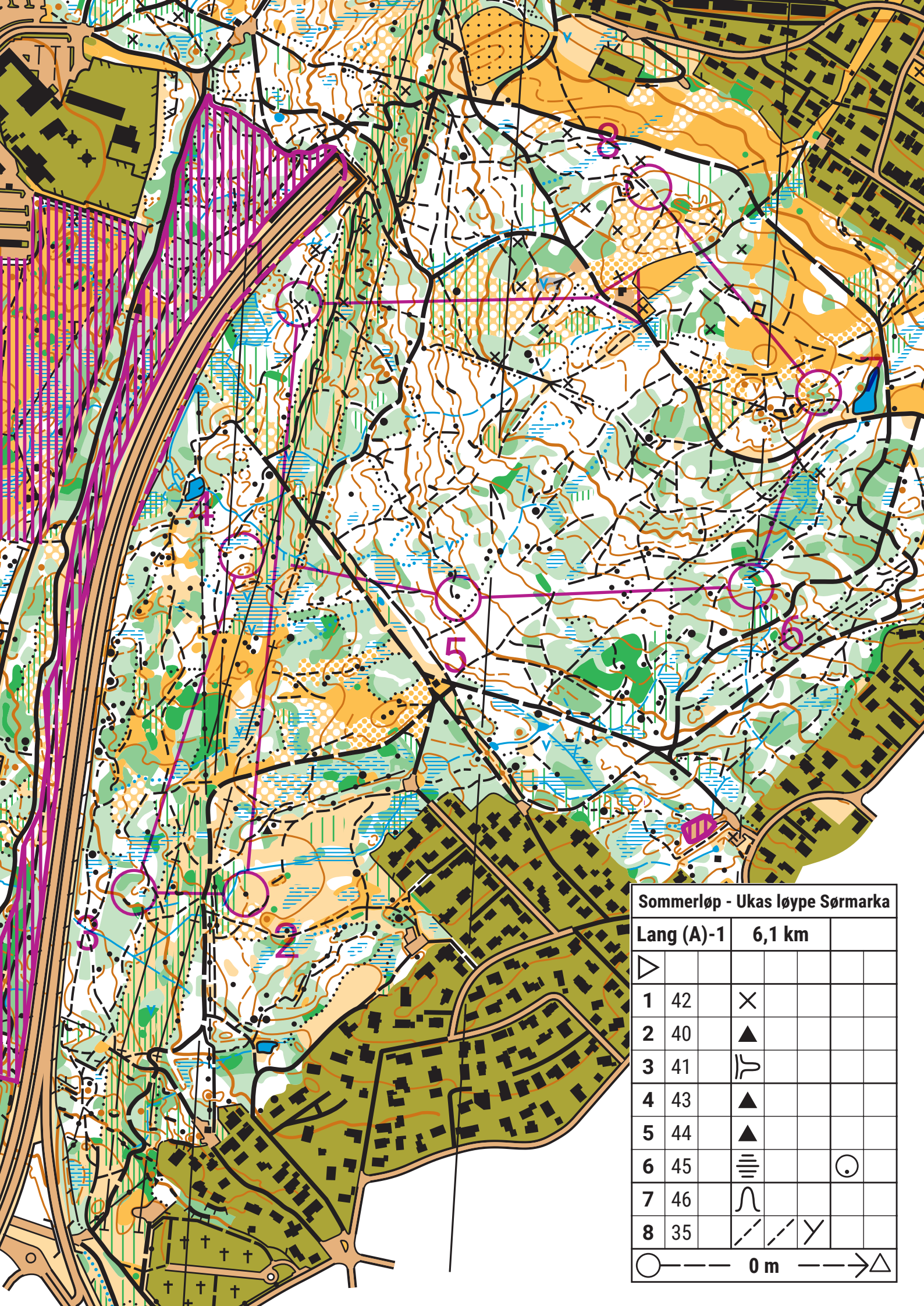
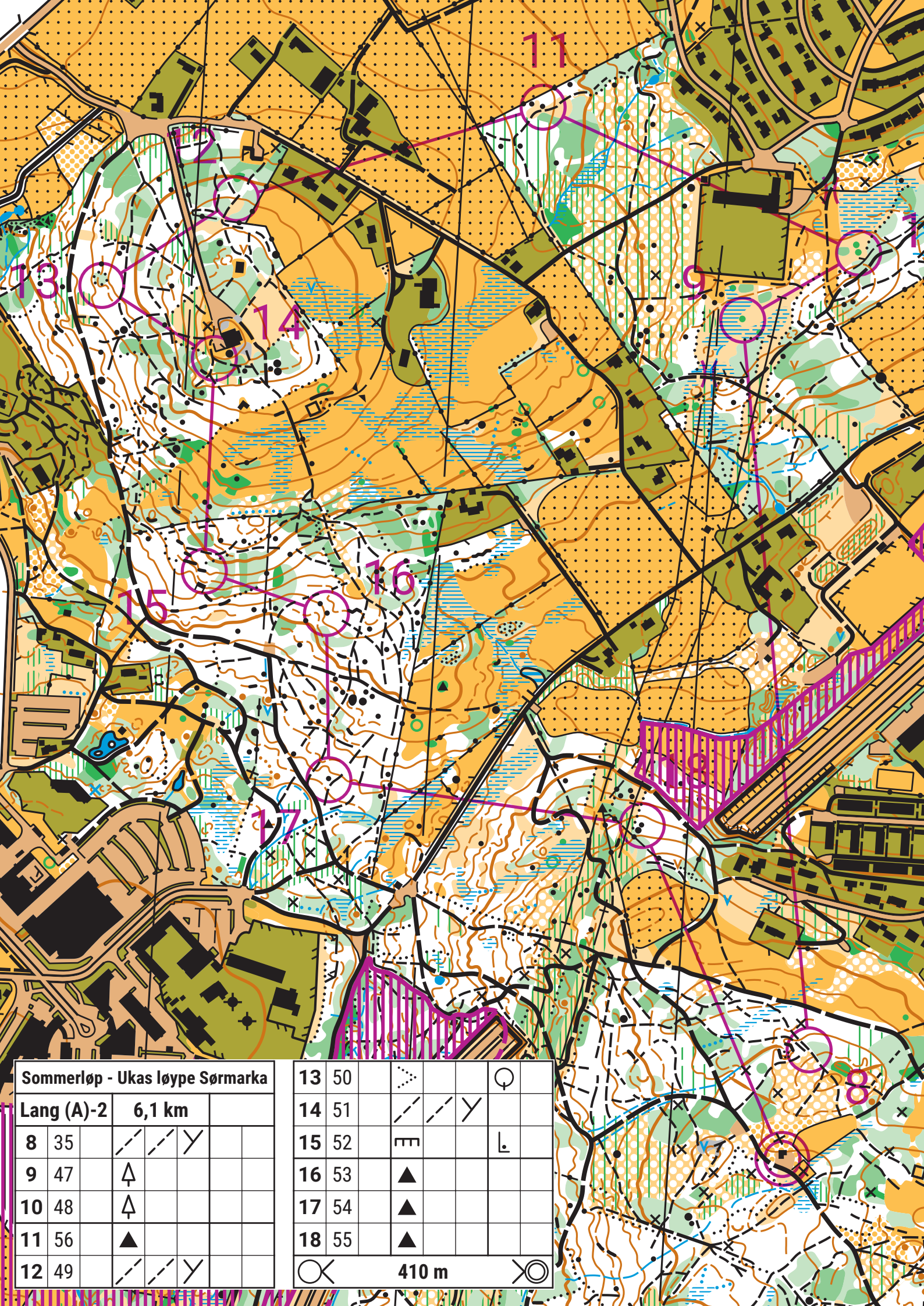




Sommerløp - Ukas løype Sørmarka									
Lang (A)-1		6,1 km							
▷									
1	42	×							
2	40	▲							
3	41	⌒							
4	43	▲							
5	44	▲							
6	45	≡					○		
7	46	∩							
8	35	/	/	Y					
○		0 m		--->▷					



Sommerløp - Ukas løype Sørmarka

Lang (A)-2		6,1 km			
8	35	↗	↘	Y	
9	47	Δ			
10	48	Δ			
11	56	▲			
12	49	↗	↘	Y	

13	50	⋯			Q
14	51	↗	↘	Y	
15	52	▬			L
16	53	▲			
17	54	▲			
18	55	▲			
		⊗	410 m		⊗