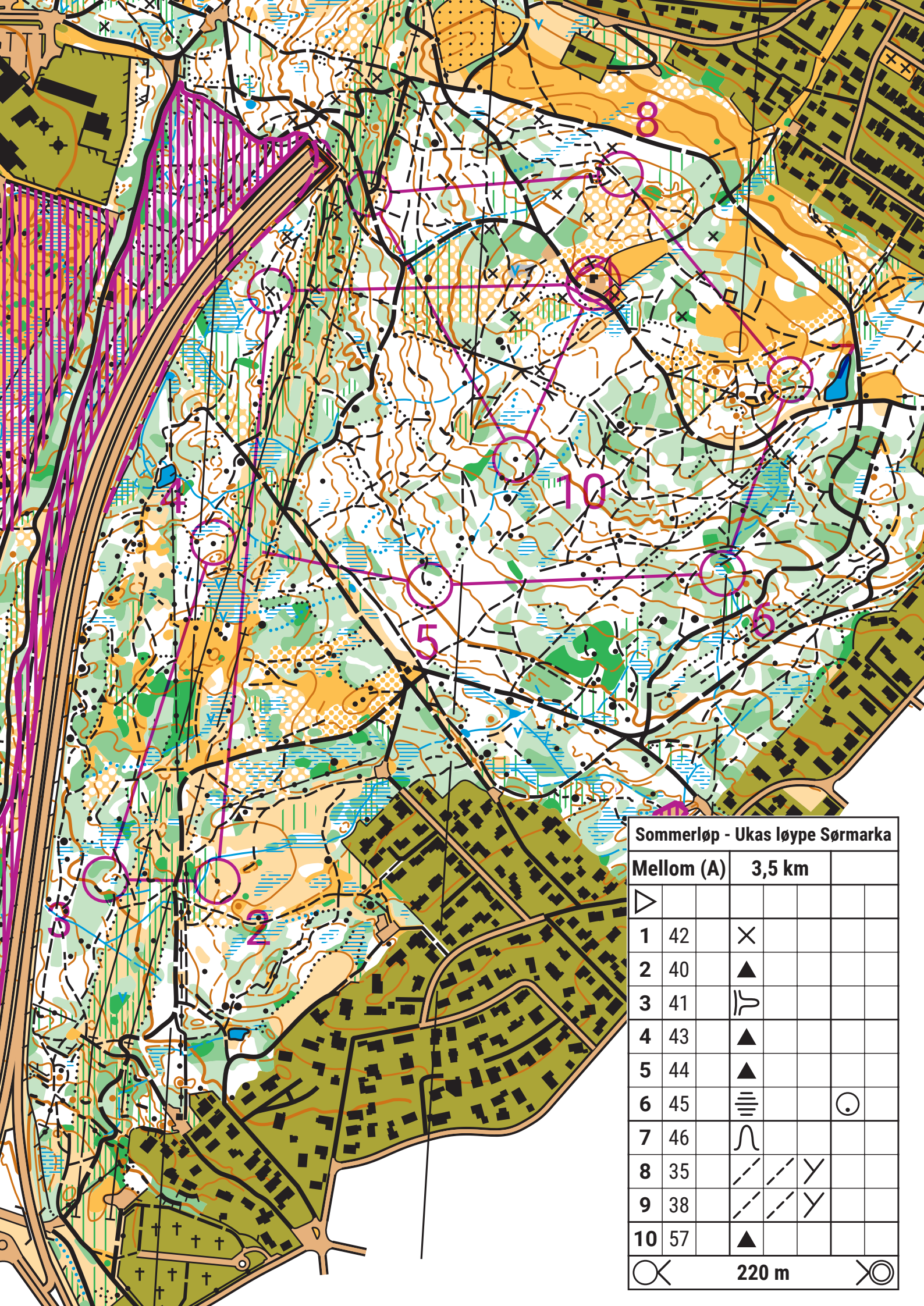




| Sommerløp - Ukas løype Sørmarka |    |        |   |   |  |  |  |   |  |
|---------------------------------|----|--------|---|---|--|--|--|---|--|
| Mellom (A)                      |    | 3,5 km |   |   |  |  |  |   |  |
| ▷                               |    |        |   |   |  |  |  |   |  |
| 1                               | 42 | ×      |   |   |  |  |  |   |  |
| 2                               | 40 | ▲      |   |   |  |  |  |   |  |
| 3                               | 41 | ⌒      |   |   |  |  |  |   |  |
| 4                               | 43 | ▲      |   |   |  |  |  |   |  |
| 5                               | 44 | ▲      |   |   |  |  |  |   |  |
| 6                               | 45 | ≡      |   |   |  |  |  | ○ |  |
| 7                               | 46 | ∩      |   |   |  |  |  |   |  |
| 8                               | 35 | /      | / | Y |  |  |  |   |  |
| 9                               | 38 | /      | / | Y |  |  |  |   |  |
| 10                              | 57 | ▲      |   |   |  |  |  |   |  |
| ○                               |    | 220 m  |   |   |  |  |  | ○ |  |