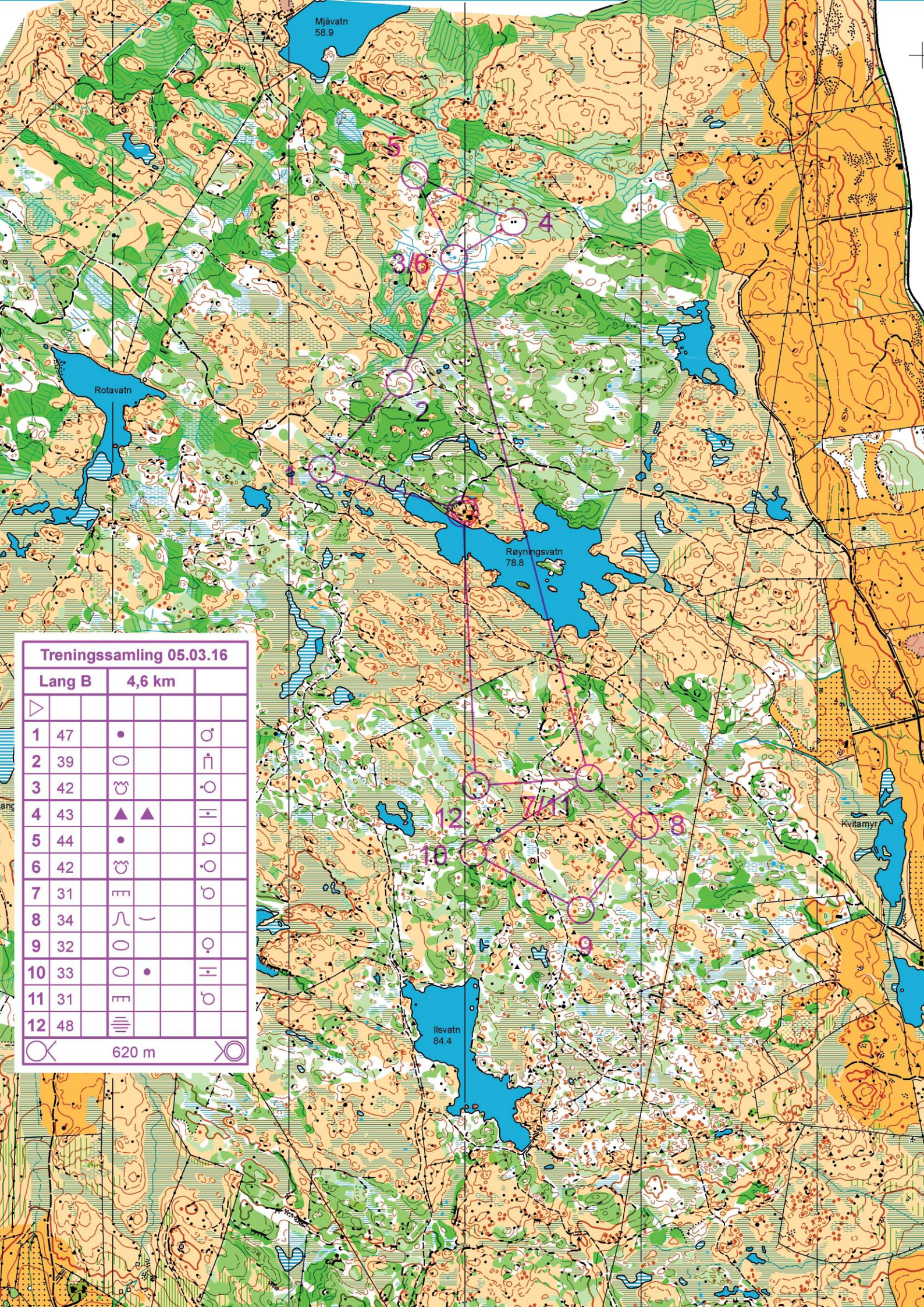


Treningssamling 05.03.16							
Lang B			4,6 km				
▷							
1	47		•				
2	39						
3	42						
4	43		▲	▲			
5	44		•				
6	42						
7	31						
8	34						
9	32						
10	33			•			
11	31						
12	48						
			620 m				