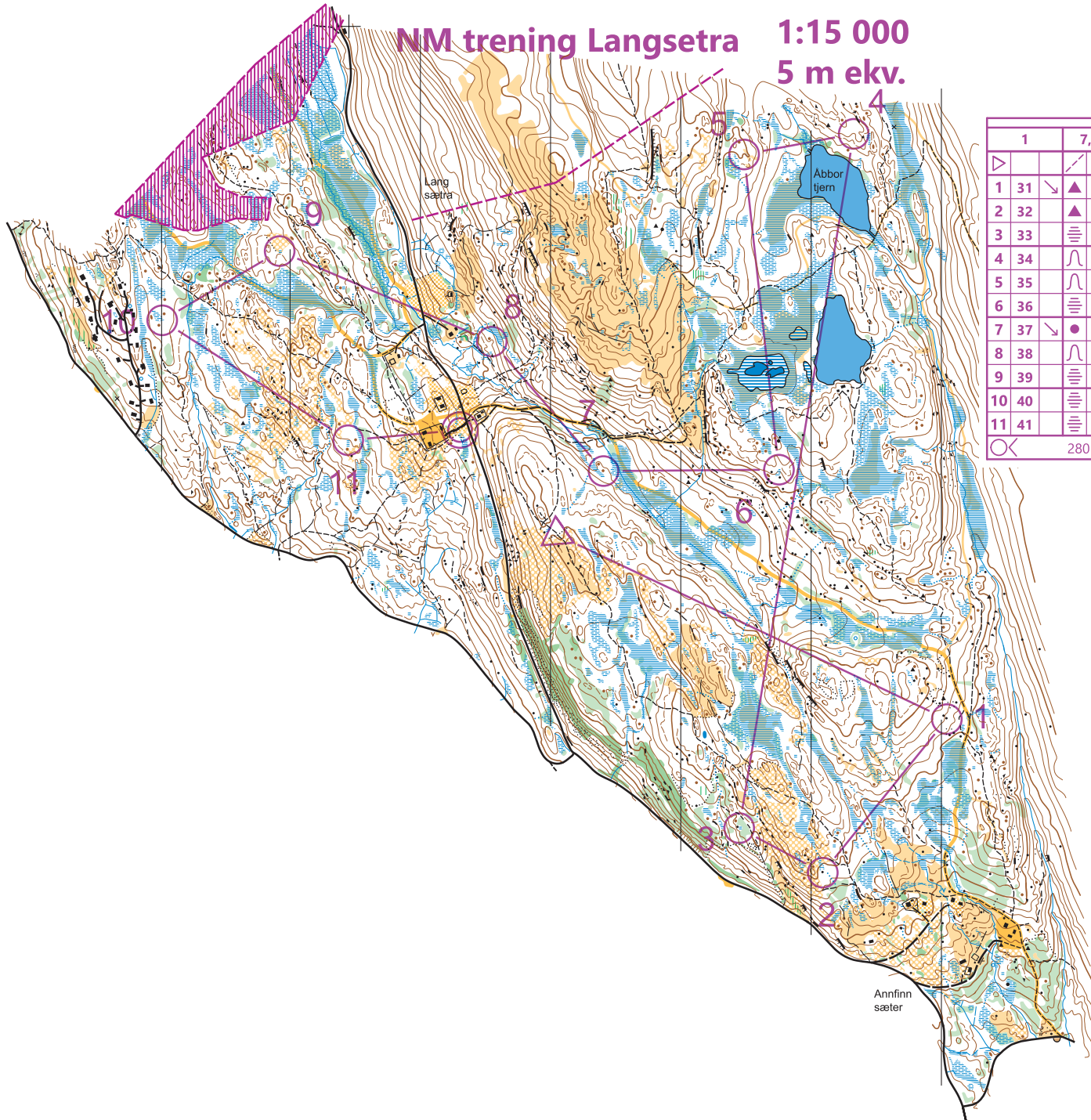


NM trening Langsetra 1:15 000 5 m ekv.



1		7,4 km		
▷		↘	✕	
1	31	↘ ▲		♀
2	32	▲		♀
3	33	≡		
4	34	∩		
5	35	∩		
6	36	≡		♂
7	37	↘ ●		♀
8	38	∩		
9	39	≡		
10	40	≡		♀
11	41	≡		♂
○		280 m		○