



Trening April 2021

Løype A		5,6 km	
▶			
1	40	+++	
2	46	✓	
3	47	+++	
4	48	← ✓	
5	42		
6	49	← ✓	
7	43	✓	
8	44	✓	
9	45	✓	
10	51	⊖	
11	52	✓	
12	45	✓	
13	53	×	
14	54	↙ ○	
15	45	✓	
16	42		

○ 360 m ⊙