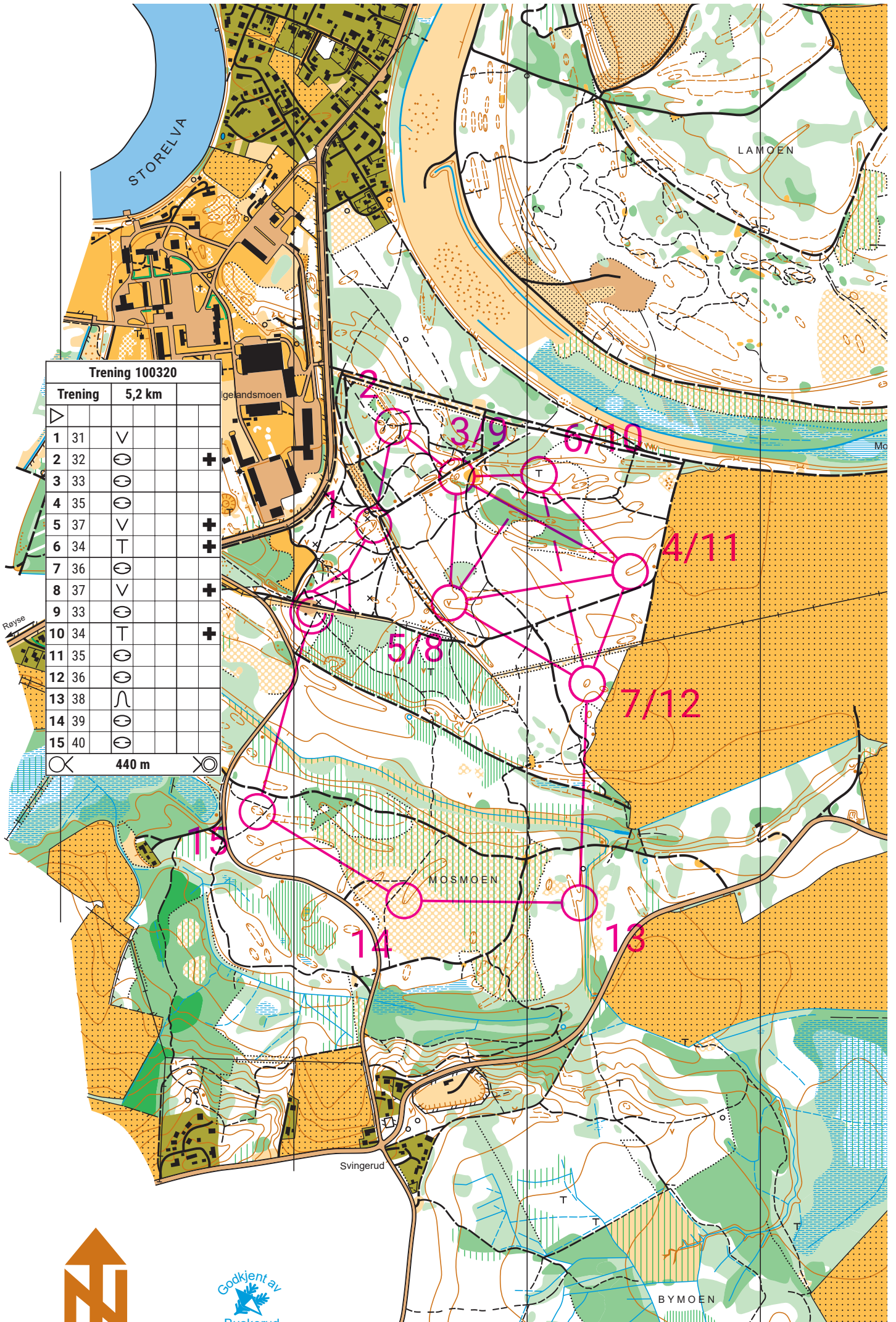


Trening 100320

Trening	5,2 km			
1	31	∇		
2	32	⊖		+
3	33	⊖		
4	35	⊖		
5	37	∇		+
6	34	T		+
7	36	⊖		
8	37	∇		+
9	33	⊖		
10	34	T		+
11	35	⊖		
12	36	⊖		
13	38	∩		
14	39	⊖		
15	40	⊖		

440 m



BYMOEN