



Trening		4,1 km		
▷		---	Y	
1	36	---	X	
2	32	▲		
3	37	∩		
4	38	∩		
5	39	○		○
6	40	•		○
7	41	•		
8	42	∩		
9	38	∩		
10	33	•		
11	34	○		
12	35	•		
13	43	---	Y	
○X		130 m		

Mobakl

laserkurver.
eif Roger F
eif Roger F

tok
lista

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Helgerud skole