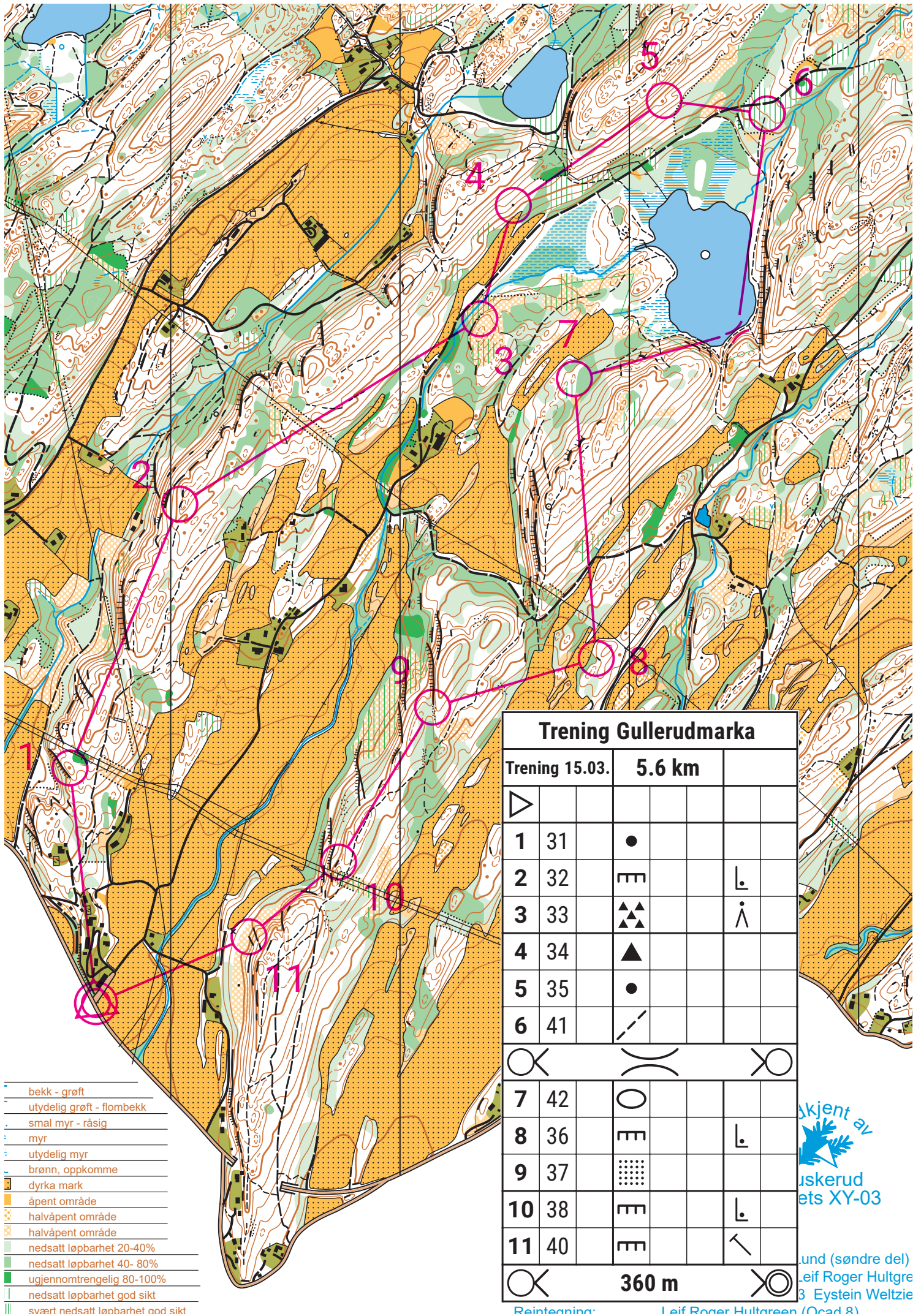




Trening Gullerudmarka						
Trening 15.03.		5.6 km				
▷						
1	31	●				
2	32	≡			└	
3	33	▲▲▲			∧	
4	34	▲				
5	35	●				
6	41	/				
⊗			⊗		⊗	
7	42	○				
8	36	≡			└	
9	37	▢▢▢				
10	38	≡			└	
11	40	≡			↖	
⊗			360 m		⊗	

kjent av
Gullerud
ets XY-03

und (søndre del)
Leif Roger Hultgre
3 Eystein Weltzie