

Trening 18. august 2020									
C-løype		2,3 km							
▷		↗						T	
1	50	✓							
2	42	⊖							
3	44	✓							
4	45	↑	✓						
5	46	✓							
6	47	✓							
7	48	↑↑	✓						
8	49	↗	✓						
⊗		130 m		⊗					

