

Klubbträning 4 april 2020

OL intervaller

Skala 1:10 000

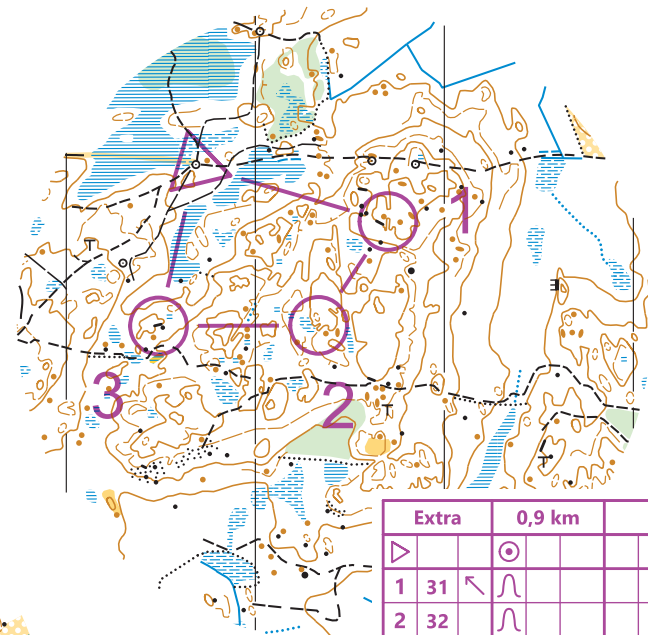
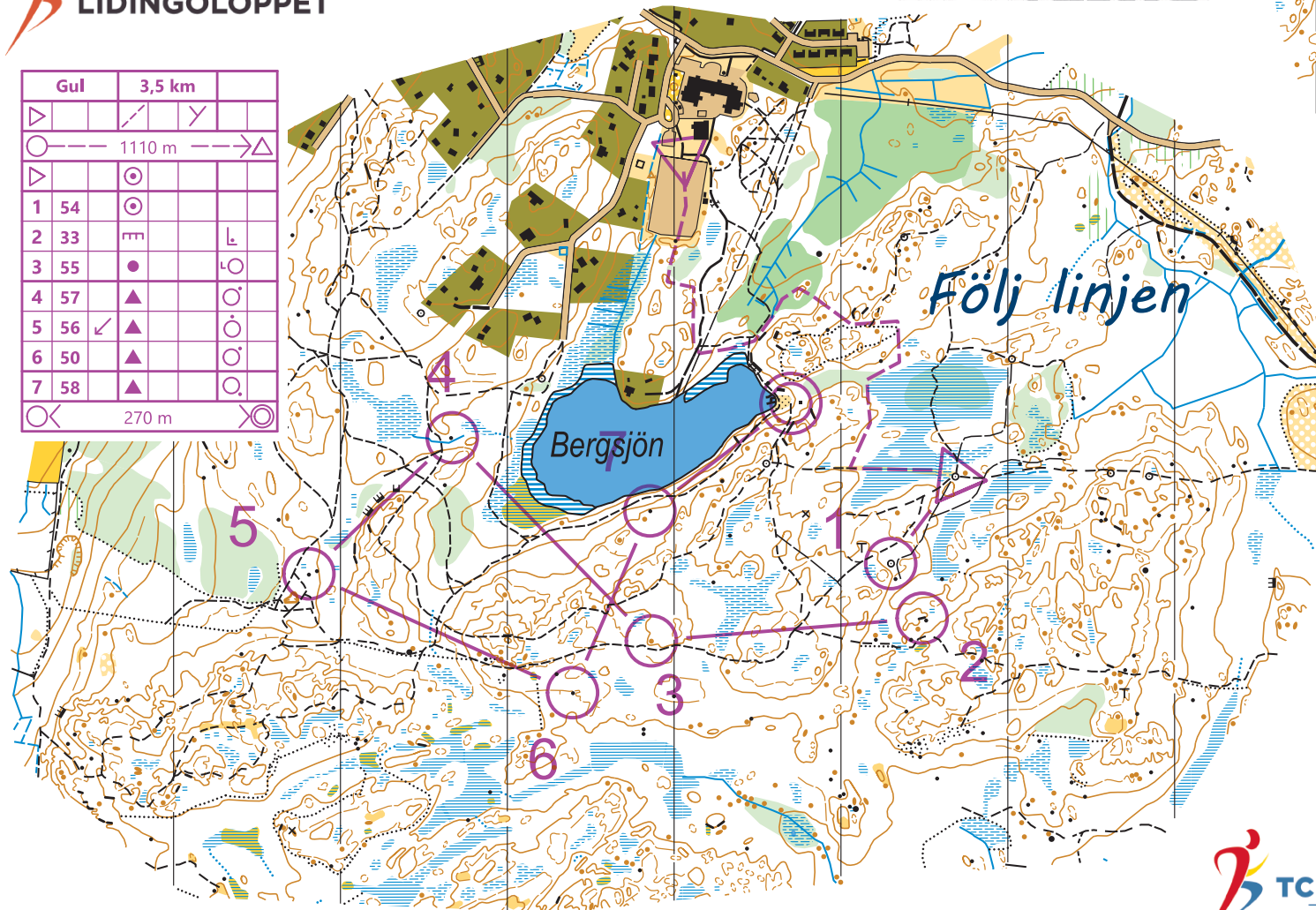
ekv 4m

Extra övning



noname

Gul		3,5 km	
▷	↗	↘	↙
○	--- 1110 m ---	→	△
▷	⊙		
1 54	⊙		
2 33	E		L
3 55	●		○
4 57	▲		○
5 56	✓	▲	○
6 50	▲		○
7 58	▲		○
○	270 m		○



Extra		0,9 km	
▷	⊙		
1 31	↖	↗	
2 32	↖	↗	
3 33	▬		L

Följ linjen



ORIENTERING