

Klubbträning 4 april 2020

OL intervaller

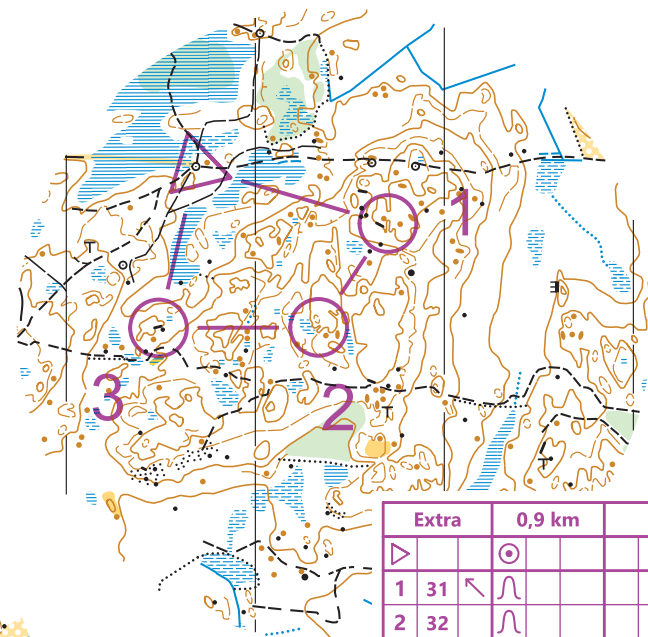
Skala 1:10 000

ekv 4m

Extra övning

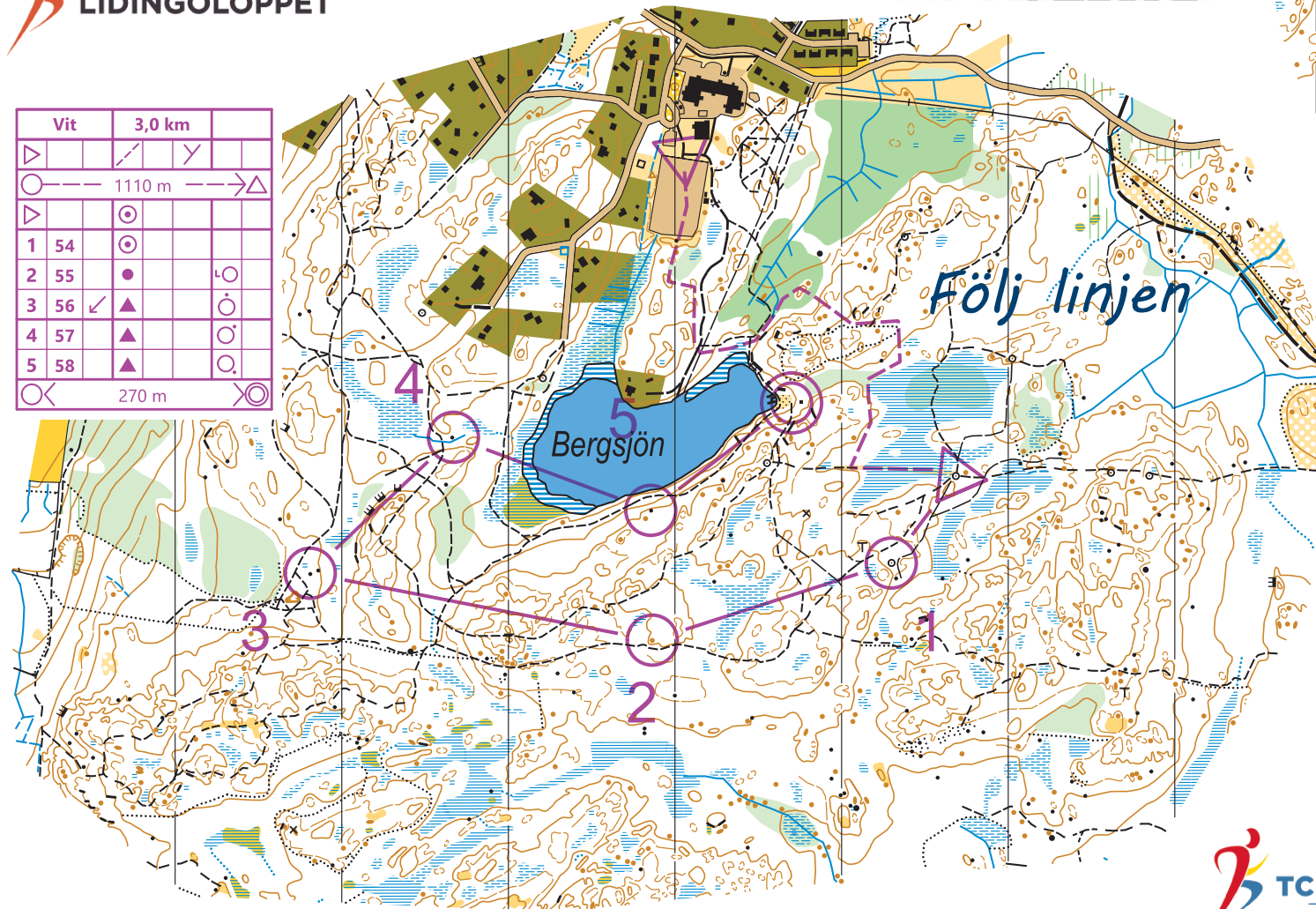


noname



Vit	3,0 km		
	1110 m		
1 54			
2 55			
3 56			
4 57			
5 58			
	270 m		

Extra	0,9 km		
1 31			
2 32			
3 33			



ORIENTERING