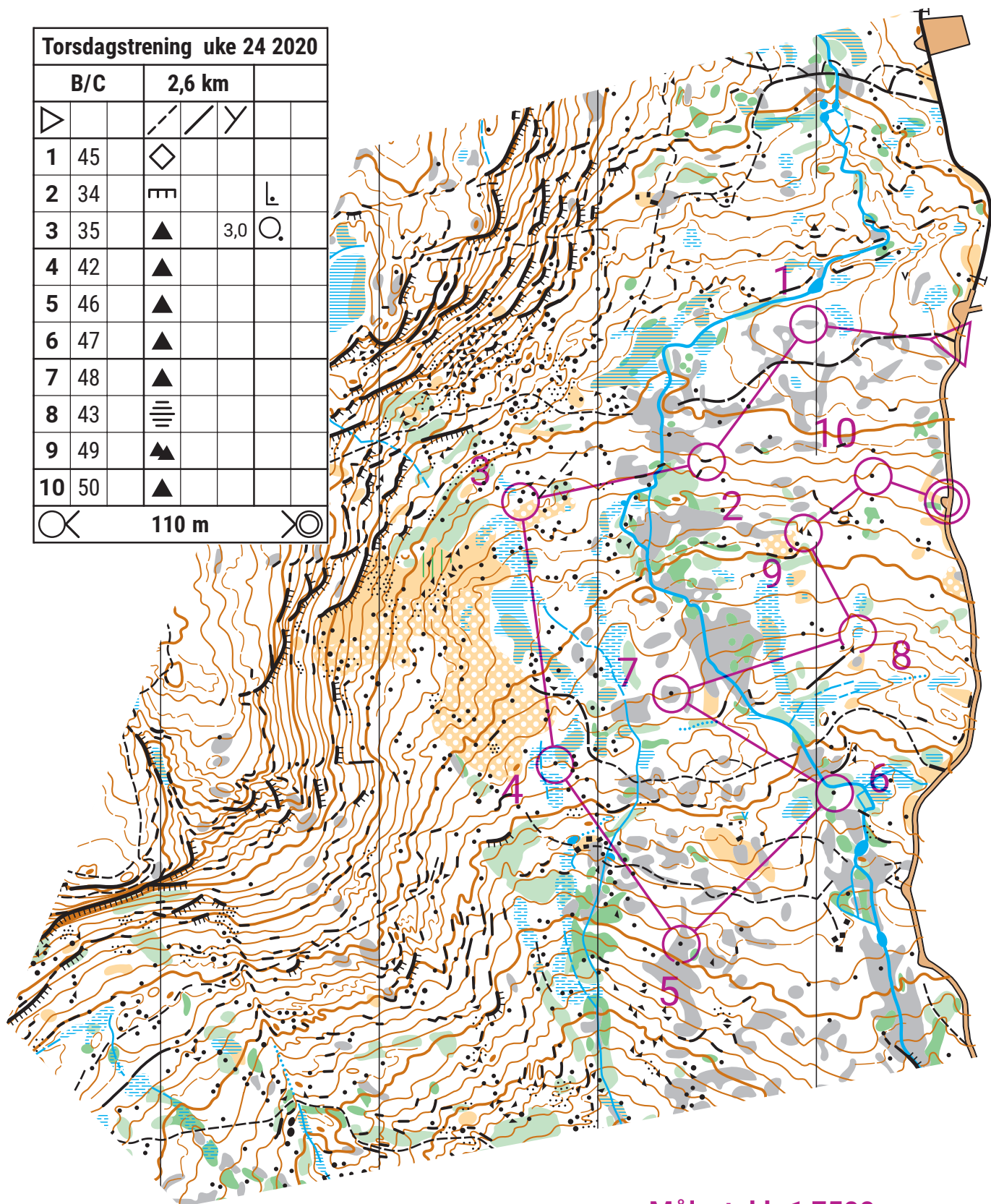


# Utsnitt Tretjernsåsen

IF Sturla, utgitt 2020

| Torsdagstrening uke 24 2020 |    |        |     |   |  |
|-----------------------------|----|--------|-----|---|--|
| B/C                         |    | 2,6 km |     |   |  |
| ▷                           |    | ↘      | ↗   | ↙ |  |
| 1                           | 45 | ◇      |     |   |  |
| 2                           | 34 | ≡      |     | └ |  |
| 3                           | 35 | ▲      | 3,0 | ○ |  |
| 4                           | 42 | ▲      |     |   |  |
| 5                           | 46 | ▲      |     |   |  |
| 6                           | 47 | ▲      |     |   |  |
| 7                           | 48 | ▲      |     |   |  |
| 8                           | 43 | ≡      |     |   |  |
| 9                           | 49 | ▲      |     |   |  |
| 10                          | 50 | ▲      |     |   |  |
| ○                           |    | 110 m  |     | ⊗ |  |



Torsdagstrening uke 24-2020

Målestokk 1:7500

Ekvidistanse 5 m