

Treningsløp 2022-05-12					
A-lang		5,0 km			
▷		⋄	⋈	×	
1	31	•			
2	32	E			L
3	33	▲			○
4	34	○			ñ
5	35	⋈			
6	100	▲			○
7	37	⋈			
8	45	⋈			
9	57	▲			○
10	48	▲			○
11	39	○			ñ
12	41	▲			○
13	140	▲			○
14	42	E			L
15	69	↗ E			L
16	43				○
17	40	•			
⊗	160 m				⊗

Landfalltjern

Hvals-
dammen
217

Svartjern

23

