

Nerdammen



orientering

Gravningen

P

IF Sturlas torsdagstrening  
uke 16-2021

1:10000

5 m

Torsdagstrening uke 16-2021

| Skråli opp |    | 2,4 km |     |   |  |
|------------|----|--------|-----|---|--|
| 1          | 45 | ●      |     |   |  |
| 2          | 44 | ▲      | 2,0 |   |  |
| 3          | 42 | ▲      |     | ⌈ |  |
| 4          | 40 | ▲      |     | ○ |  |
| 5          | 38 | ∩      |     |   |  |
| 6          | 39 | ▲      |     |   |  |
| 7          | 36 | ≡      |     | ⌋ |  |
| 8          | 35 | ≡      |     | ⌋ |  |
|            |    | 230 m  |     |   |  |