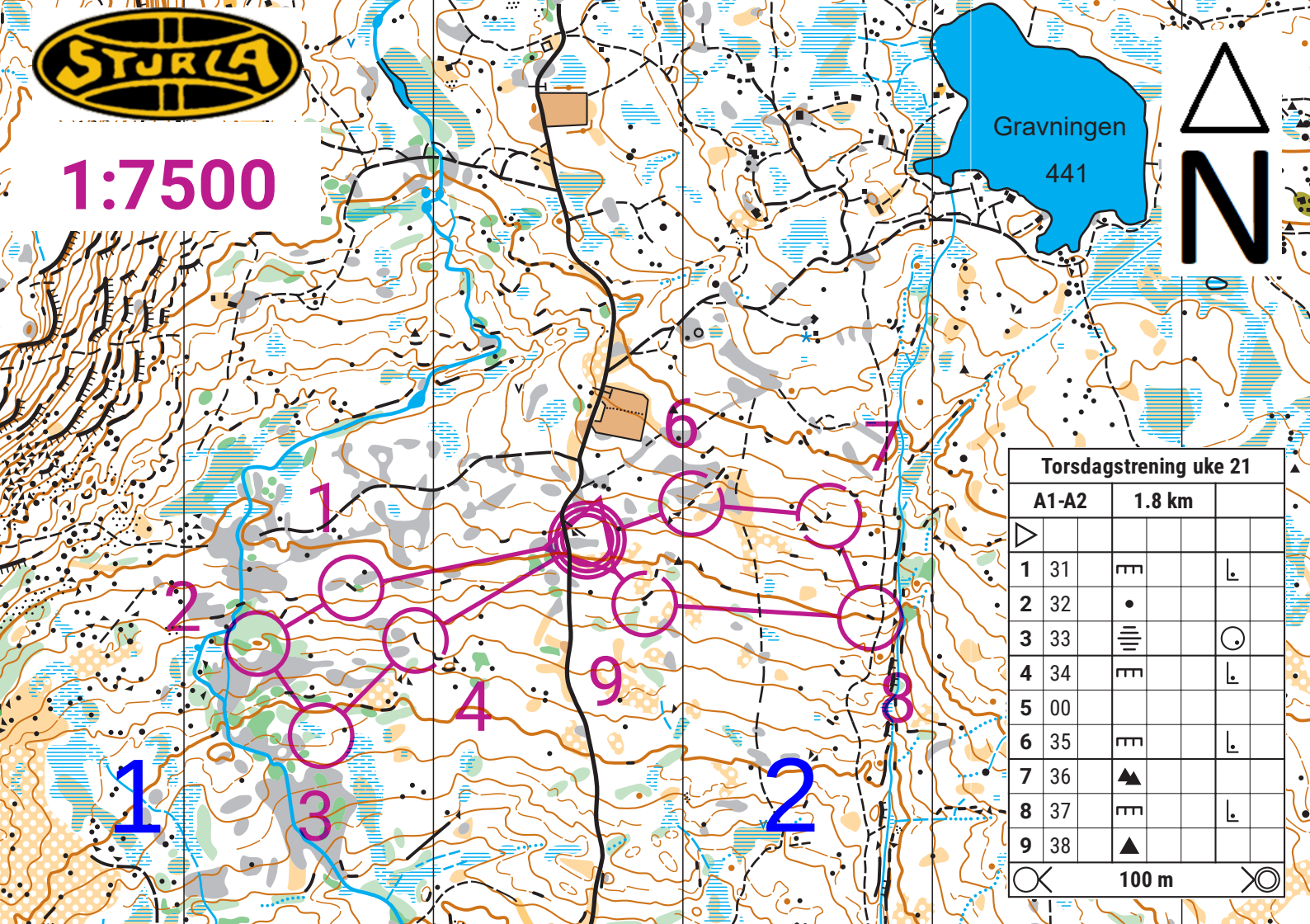
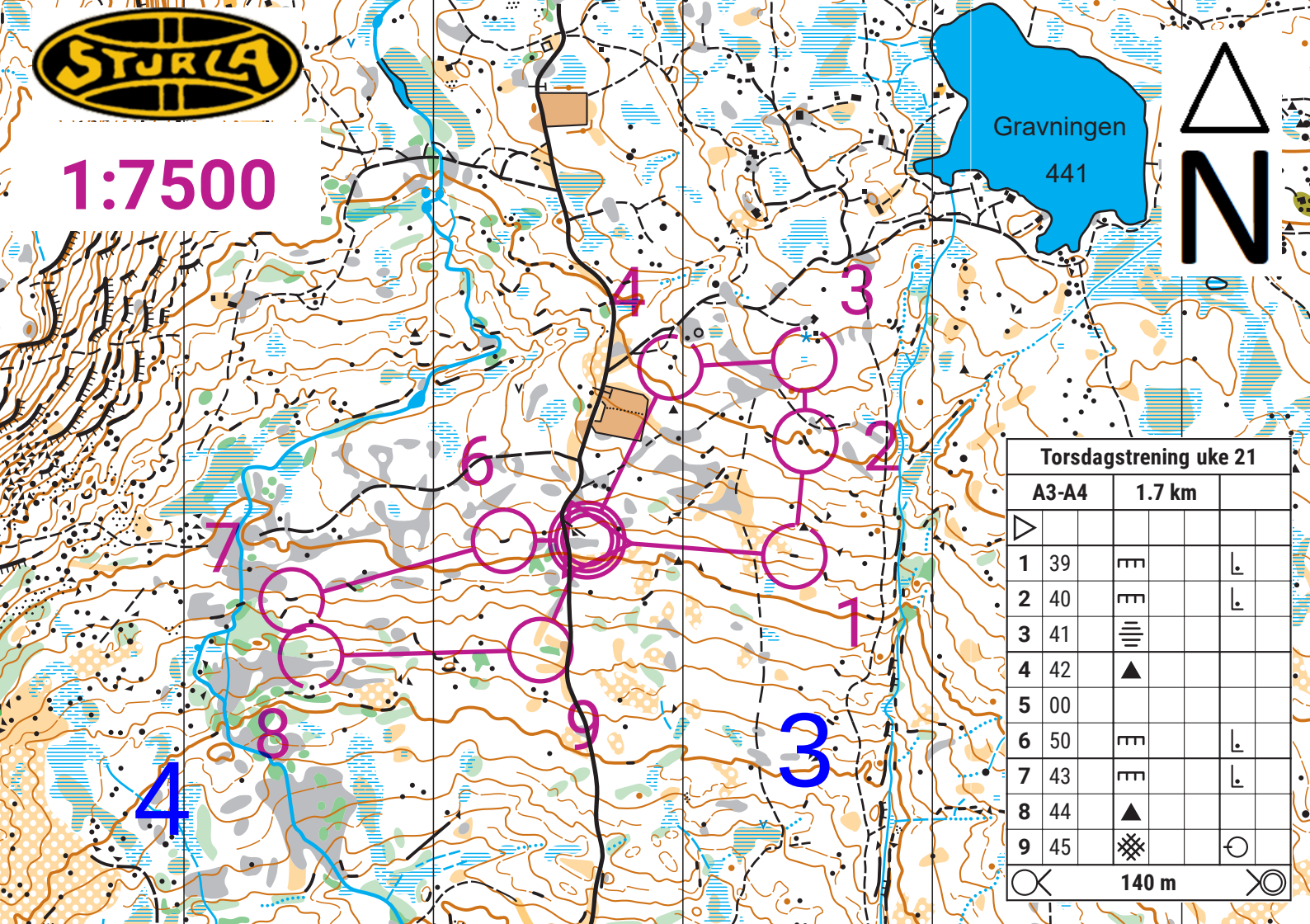
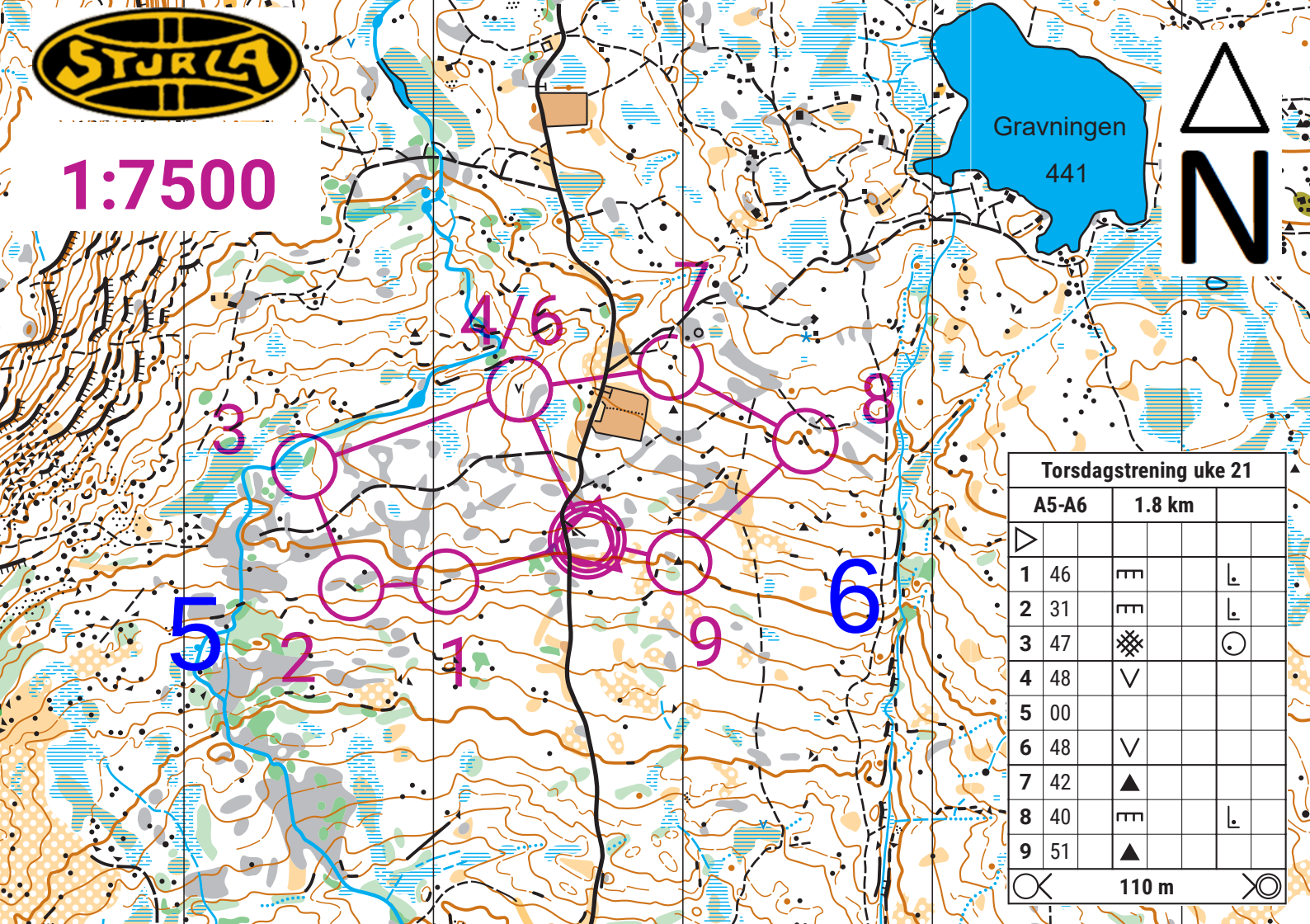
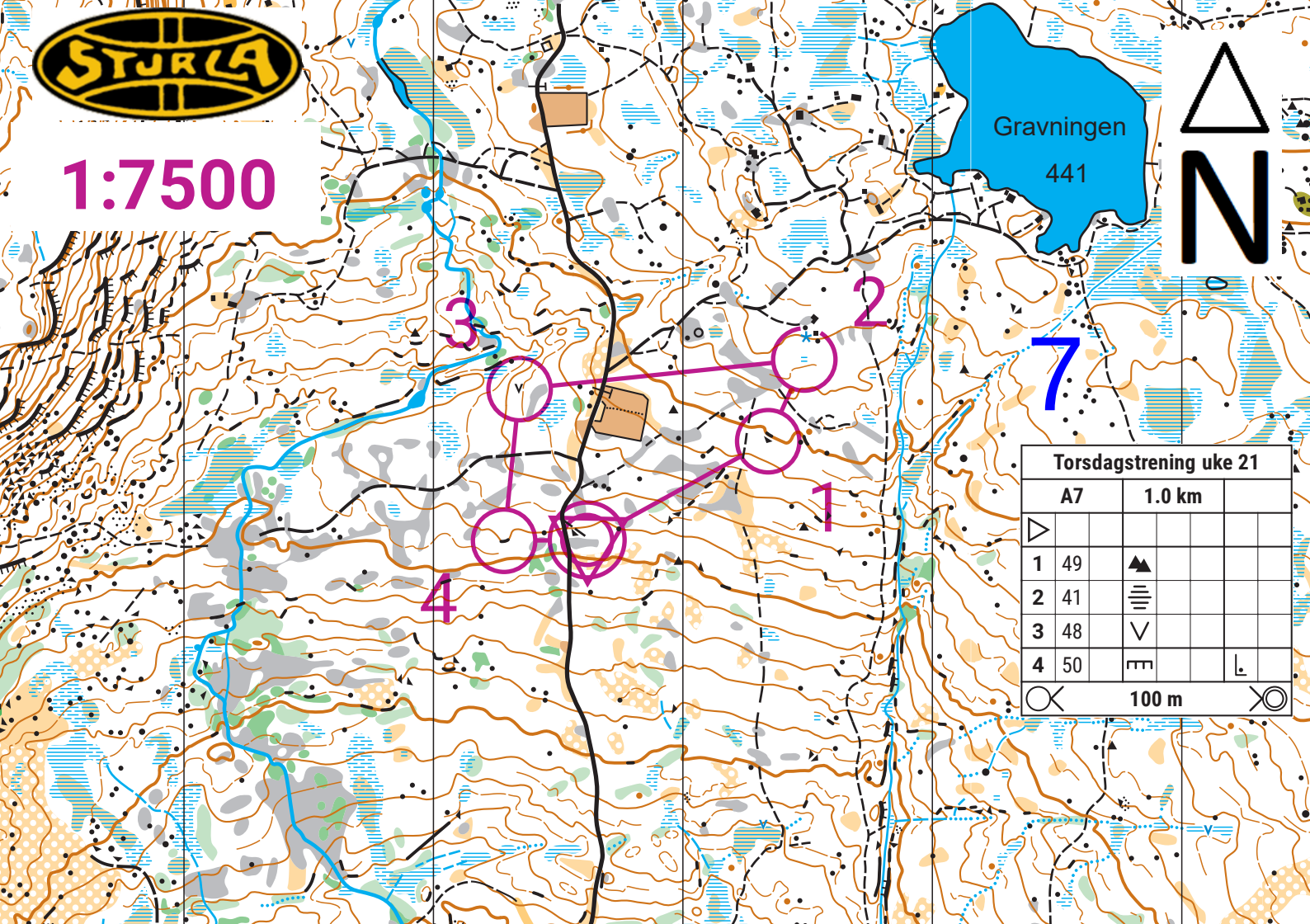


Torsdagstrening uke 21								
A1-A2			1.8 km					
1	31							
2	32							
3	33							
4	34							
5	00							
6	35							
7	36							
8	37							
9	38							
				100 m				


STJRLA
1:7500
Gravningen
441
N
4
3
6
2
7
1
8
9
4
3
Torsdagstrening uke 21
A3-A4
1.7 km
1 39
2 40
3 41
4 42
5 00
6 50
7 43
8 44
9 45
140 m



Torsdagstrening uke 21								
A5-A6			1.8 km					
▷								
1	46		⫍⫎				⌞	
2	31		⫍⫎				⌞	
3	47		⋇				⊙	
4	48		⋁					
5	00							
6	48		⋁					
7	42		▲					
8	40		⫍⫎				⌞	
9	51		▲					
◯			110 m					◎


STJRLA
1:7500
Gravningen
441
N
7
1
2
3
4
Torsdagstrening uke 21
A7
1.0 km
1 49
2 41
3 48
4 50
100 m