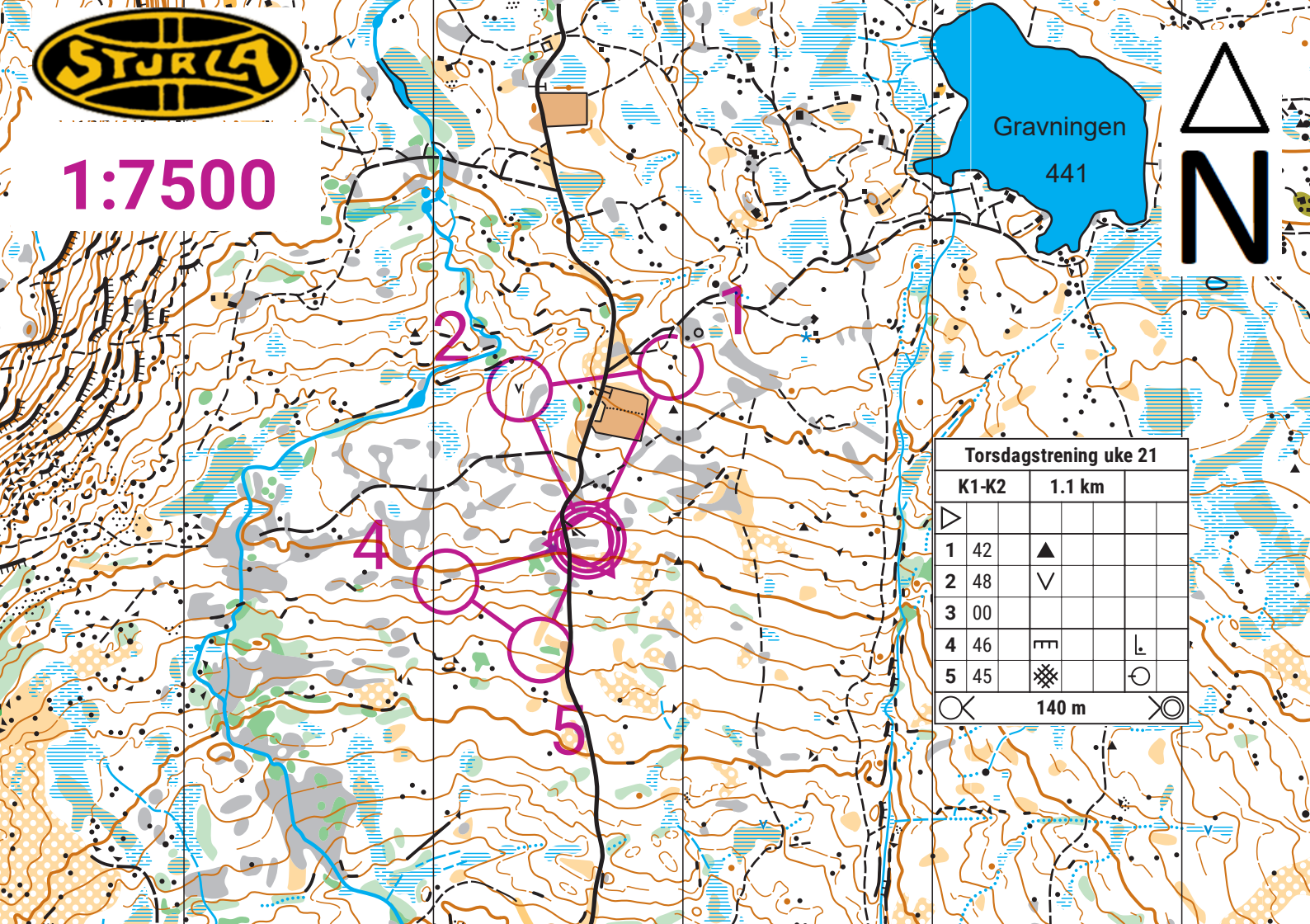
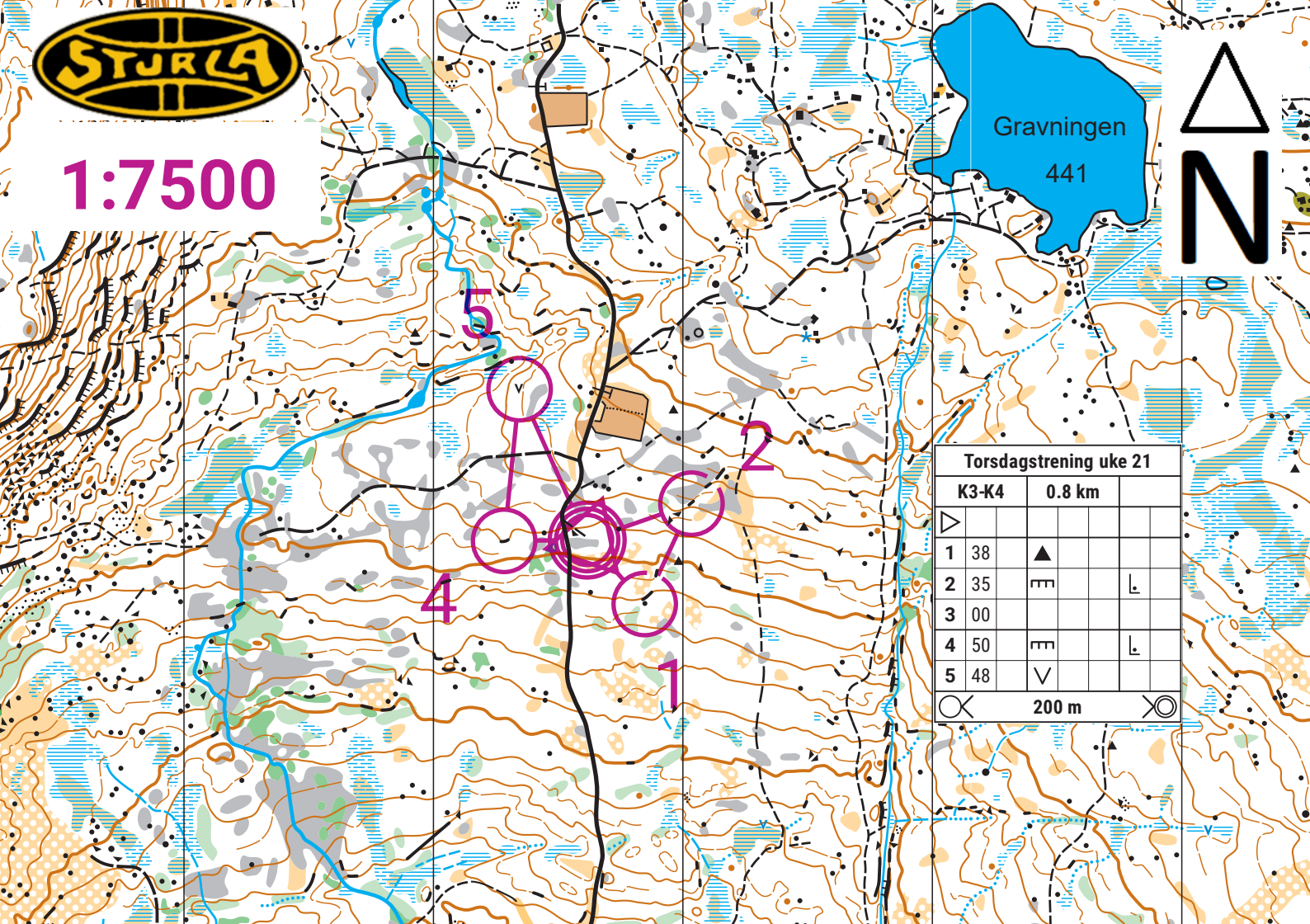
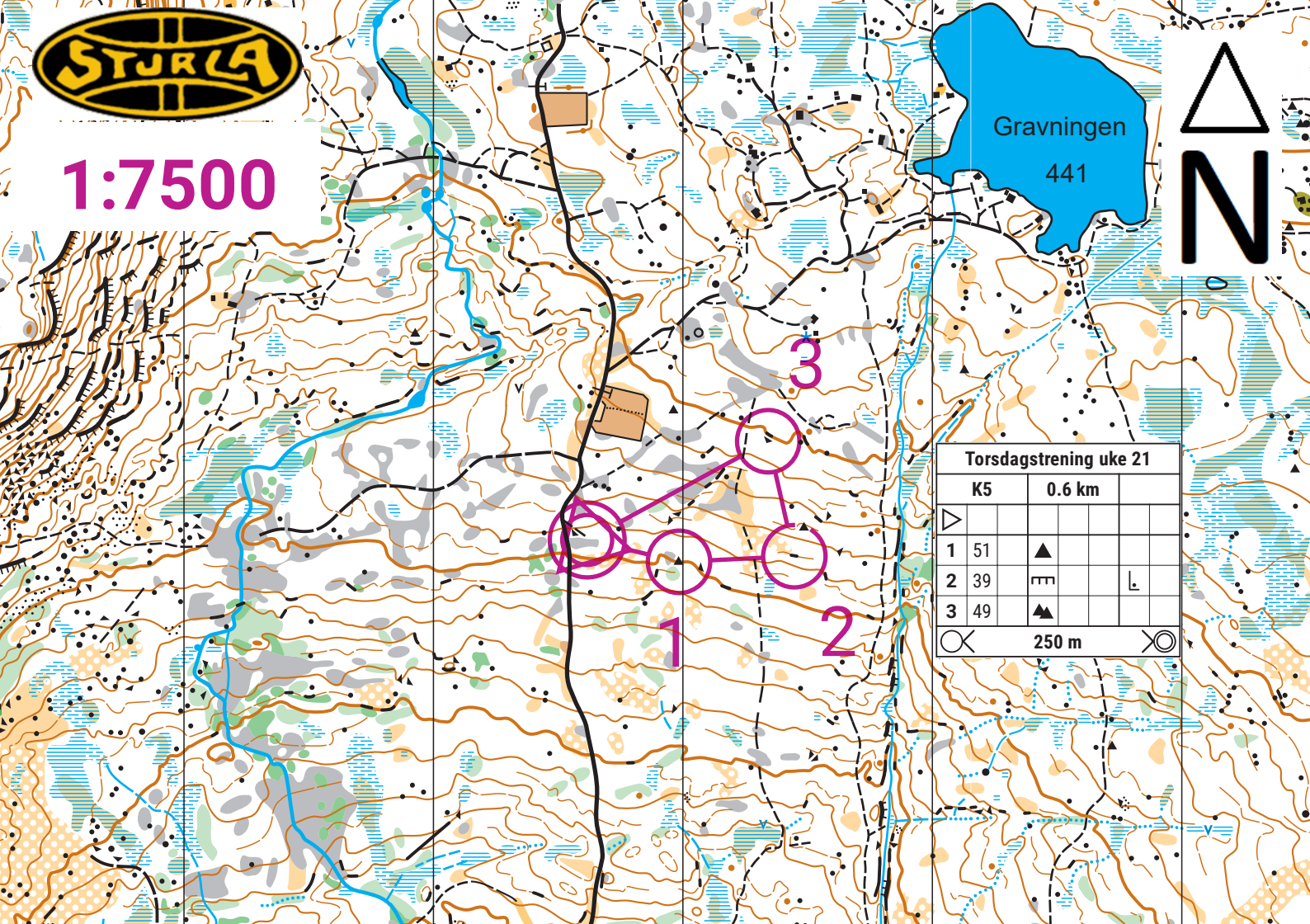

STJRLA
1:7500
Gravningen
441
N
1
2
4
5
Torsdagstrening uke 21
K1-K2
1.1 km
1 42
2 48
3 00
4 46
5 45
140 m


STJRLA
1:7500
Gravningen
441
N
5
2
4
1
Torsdagstrening uke 21
K3-K4
0.8 km
1 38
2 35
3 00
4 50
5 48
200 m


STJRLA
1:7500
Gravningen
441
N
3
1
2
Torsdagstrening uke 21
K5
0.6 km
1 51
2 39
3 49
250 m