



### Trening 30/1-18

| A  |    | 4,1 km |   |   |
|----|----|--------|---|---|
| ▷  |    |        |   |   |
| 1  | 31 | ▣      |   | ⊙ |
| 2  | 34 | ▲      |   | ⊙ |
| 3  | 36 | ↗ ↘    | × |   |
| 4  | 33 | ▲      |   | ⊙ |
| 5  | 32 | ⋈      | — |   |
| 6  | 35 | ↙ ▲    |   | ⊙ |
| 7  | 38 | ▲      |   | ⊙ |
| 8  | 40 | ↗      |   | ┌ |
| 9  | 41 | ∩      | ⋯ |   |
| 10 | 42 | ↗      | ⋯ | γ |
| 11 | 43 | ▲      |   |   |
| 12 | 44 | ▲      |   | ⊙ |
| 13 | 45 | ▲ ▲    |   | ≡ |
| 14 | 37 | ×      |   |   |
| 15 | 39 | ▲      |   |   |
| ⊙  |    | 230 m  |   | ⊙ |