



**Stafett-trening 13.03.2018**

**A høyre 3,0 km**

▷					
1	31	↖	⋯	<	
2	32		⋯		○
3	33	↖	*		
4	34		*		

5	38	●			
6	37	●			
7	34		*		
8	35	*			
9	36	*			
10	34		*		
11	39	▲			
12	40	⊗	⋯		○

13	41	⋯		<	
14	44	*			
15	45	∇			
16	41	⋯		<	
17	42	*			
18	43	↑	▲		
19	41	⋯		<	

○ 250 m ⊗