



### Stafett-trening 13.03.2018

A venstre

3,0 km

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

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

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

250 m

