



Stafett-trening 13.03.2018				
B		1,7 km		
▷				
1	31	↖	⋯	<
2	38		●	
3	34		*	
4	36		*	

5	40	⊗	⋯	○		
6	39	▲				
7	35	*				
8	43	↑	▲			
9	42	*				
10	45	∇				
11	44	*				
12	33	↖	*			

13	32	⋯	⋯	○		
		70 m				

