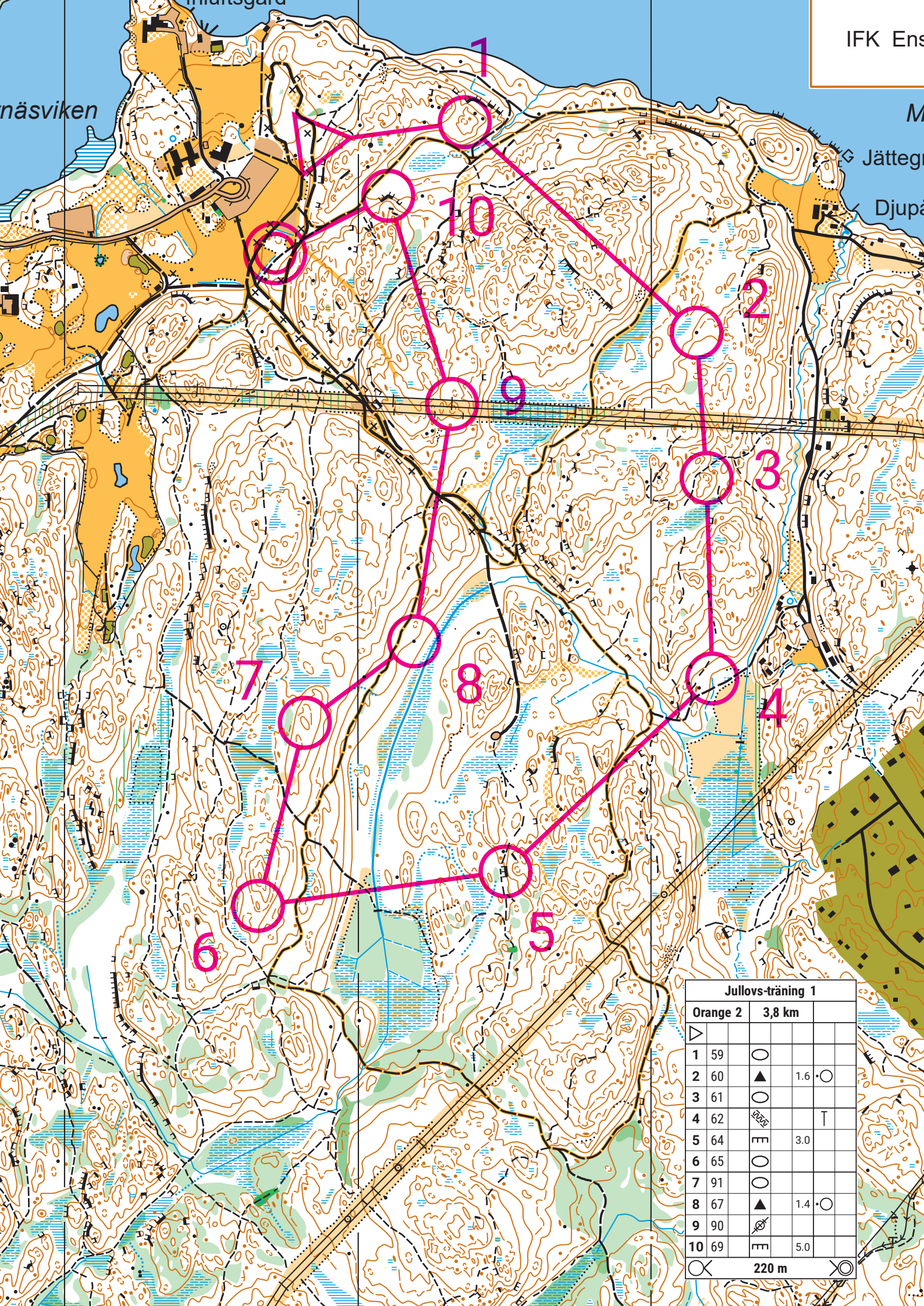


näsviken

multsgård

Jätteg

Djupa



**Jullovs-träning 1**

**Orange 2 3,8 km**

▽					
1	59	○			
2	60	▲	1.6	○	
3	61	○			
4	62	⊥			
5	64	≡	3.0		
6	65	○			
7	91	○			
8	67	▲	1.4	○	
9	90	⊗			
10	69	≡	5.0		

○ 220 m ○