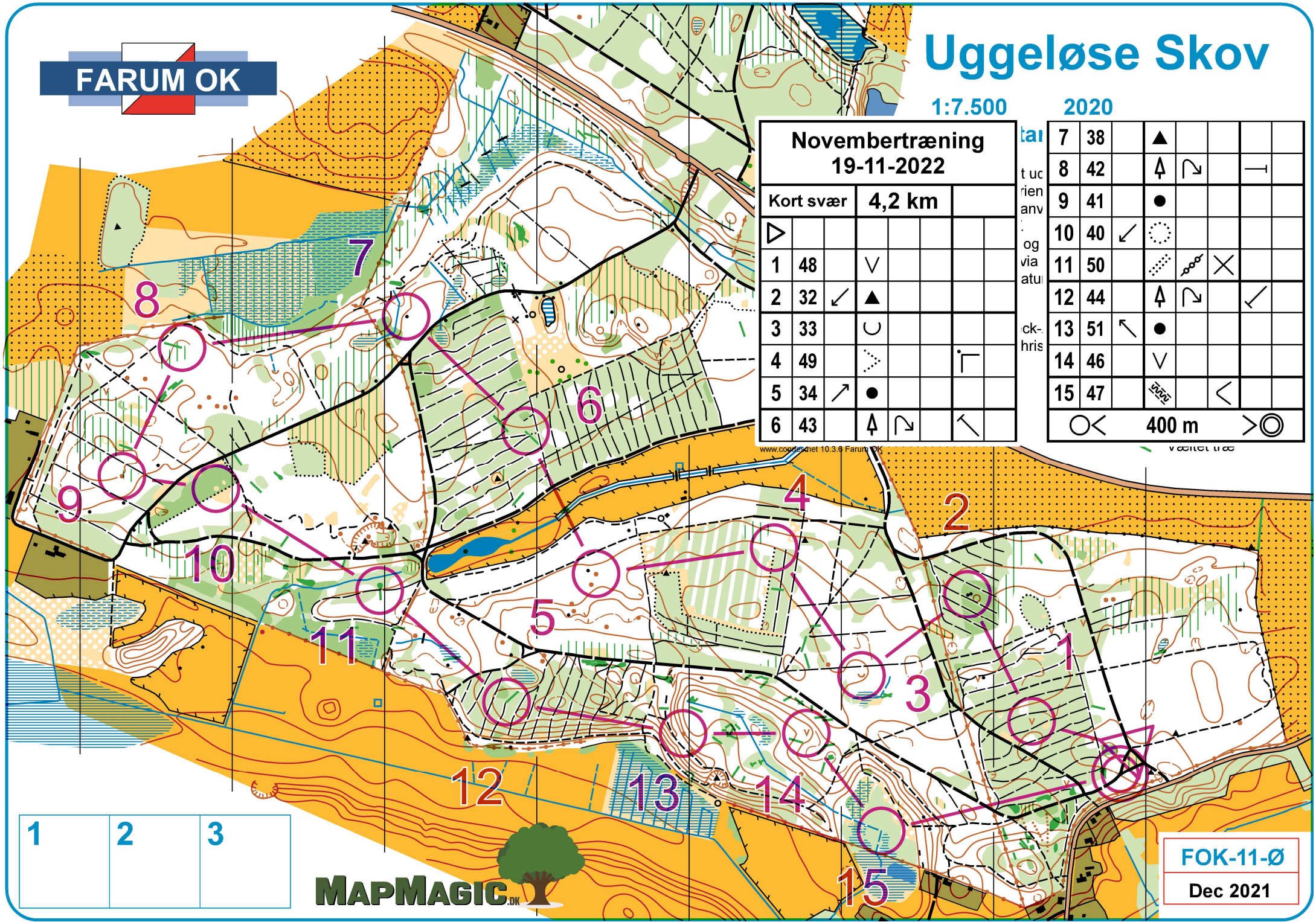


Novembertræning 19-11-2022

| Kort svær | | 4,2 km | |
|-----------|----|--------|---|
| ▷ | | | |
| 1 | 48 | ∨ | |
| 2 | 32 | ↙ ▲ | |
| 3 | 33 | ∪ | |
| 4 | 49 | ▷ | └ |
| 5 | 34 | ↗ ● | |
| 6 | 43 | ↑ ↻ ↙ | |

| | | | | | |
|----|----|-------|---|--|--|
| 7 | 38 | ▲ | | | |
| 8 | 42 | ↑ ↻ | └ | | |
| 9 | 41 | ● | | | |
| 10 | 40 | ↙ ○ | | | |
| 11 | 50 | ⋯ ⋈ × | | | |
| 12 | 44 | ↑ ↻ | ↙ | | |
| 13 | 51 | ↖ ● | | | |
| 14 | 46 | ∨ | | | |
| 15 | 47 | ⊙ < | | | |

○ < 400 m > ⊙



| | | |
|---|---|---|
| 1 | 2 | 3 |
|---|---|---|