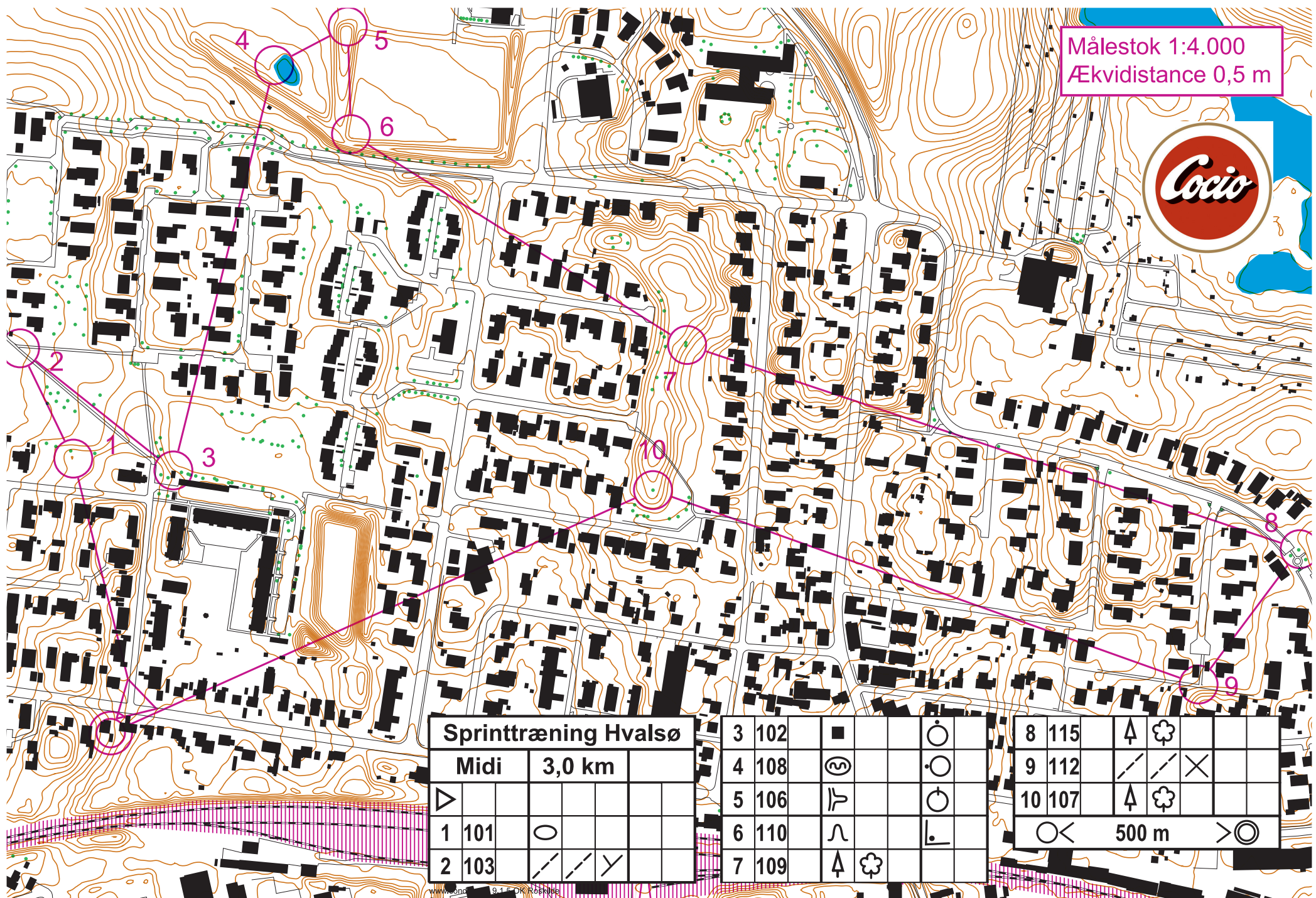


Målestok 1:4.000
Ækvidistance 0,5 m



Sprinttræning Hvalsø				
Midi		3,0 km		
▷				
1	101	○		
2	103	/ /	Y	

3	102	■		○
4	108	③		○
5	106	⌒		○
6	110	∩		⌒
7	109	↑	☼	

8	115	↑	☼	
9	112	/	/	×
10	107	↑	☼	
○ < 500 m > ◎				