



Vintertræning 2021

Mellem 1 2.7 km

| | | | | | |
|---|----|---|---|---|---|
| ▷ | | | | | |
| 1 | 37 | ☑ | | ∧ | |
| 2 | 51 | | ■ | | ○ |
| 3 | 54 | ↖ | ⚡ | | ↙ |
| 4 | 45 | ↑ | ⚡ | | ↓ |
| 5 | 36 | ↖ | ⚡ | | ↘ |
| 6 | 49 | ↖ | ⚡ | | ↙ |
| 7 | 50 | ▨ | | | ┌ |
| 8 | 52 | ↑ | | | |
| 9 | 48 | ■ | | | < |

○ < 175 m > ○