

# Træning 120820 i Skramsø

Lang	6.7 km			
1	31	⊖		⊙
2	32	∇	<	
3	33	⊖		⊙
4	34	#		⊥
5	36	∇	<	
6	47	∇		<
7	35	#		⊥
8	37	⊥		⊥

9	39	⊖	⌒		
10	46	∇			^
11	43	∇		<	
12	40	⊖			
13	41	↙	/	Y	
14	42	∇			
15	45	⊖			⊙
16	44	⌒			
17	38	⌒			
18	48	⊖			

○ --- 125 m ---> ⊙

www.condes.net 9.7.26 OK Djurs skram



Skramsø

1:10.000

Lang

