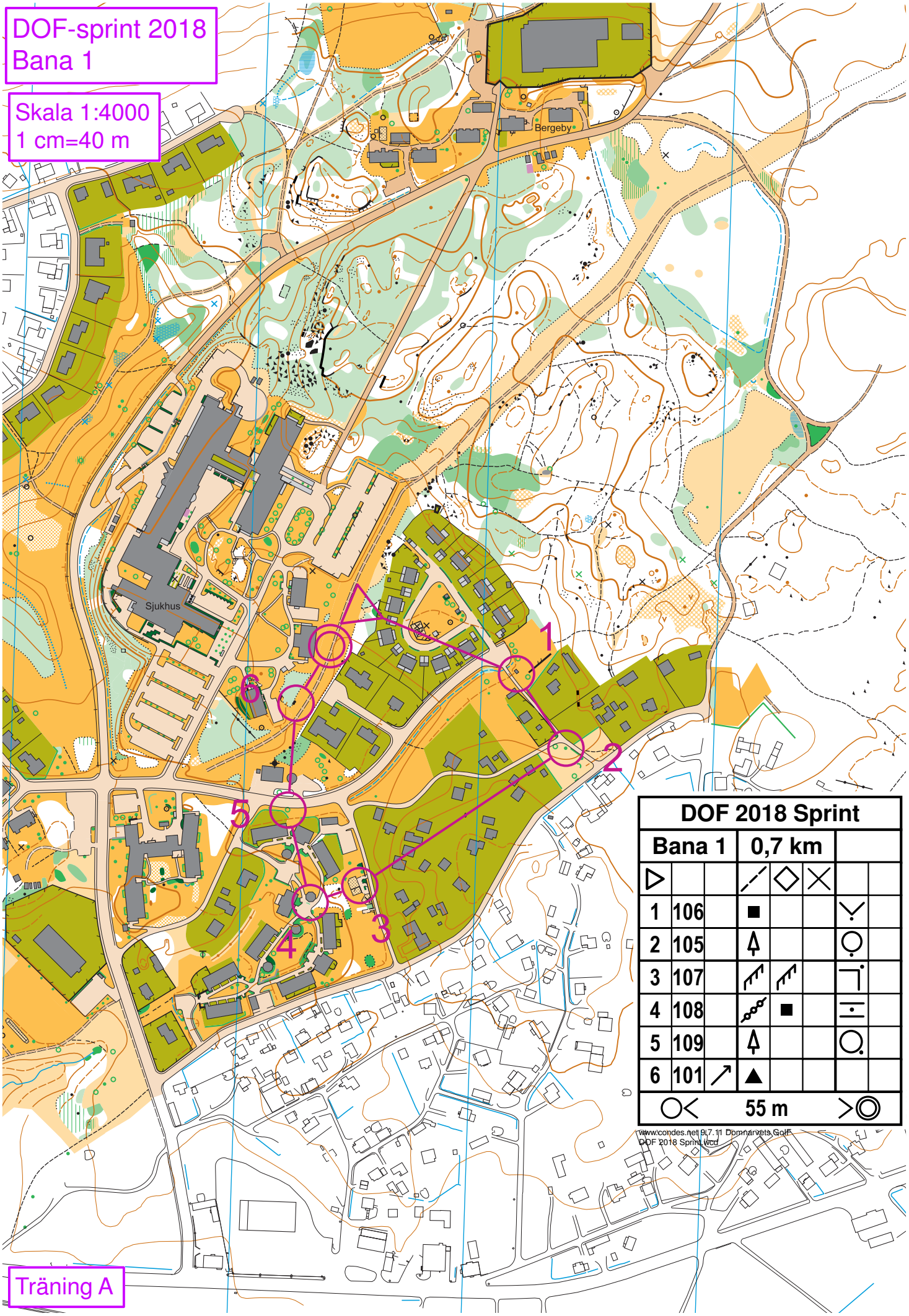
DOF-sprint 2018
Bana 1

Skala 1:4000
1 cm=40 m



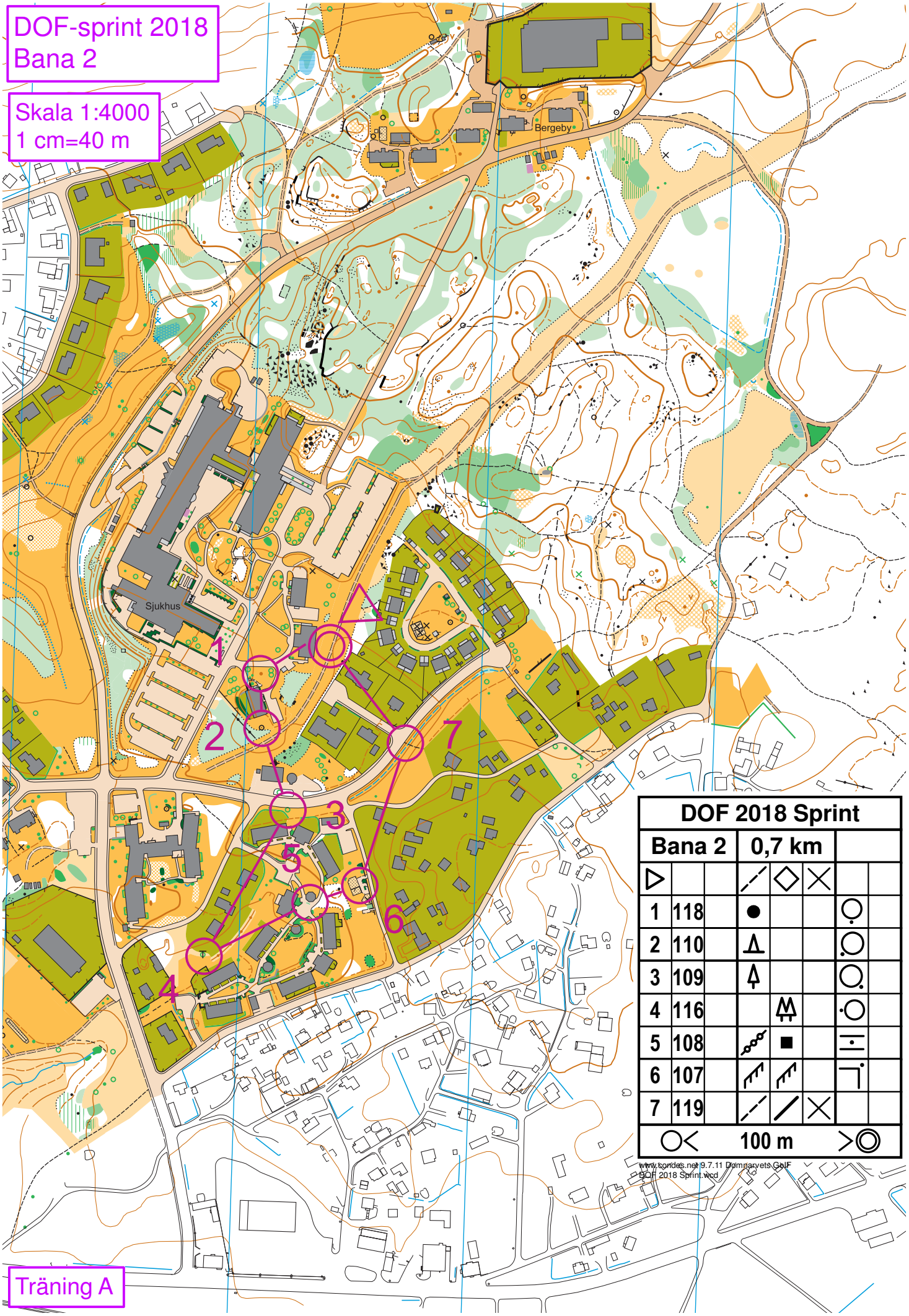
DOF 2018 Sprint								
Bana 1			0,7 km					
▷								
1	106							
2	105							
3	107							
4	108							
5	109							
6	101							
			55 m					

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DOF 2018 Sprint.wcd

Träning A

DOF-sprint 2018
Bana 2

Skala 1:4000
1 cm=40 m



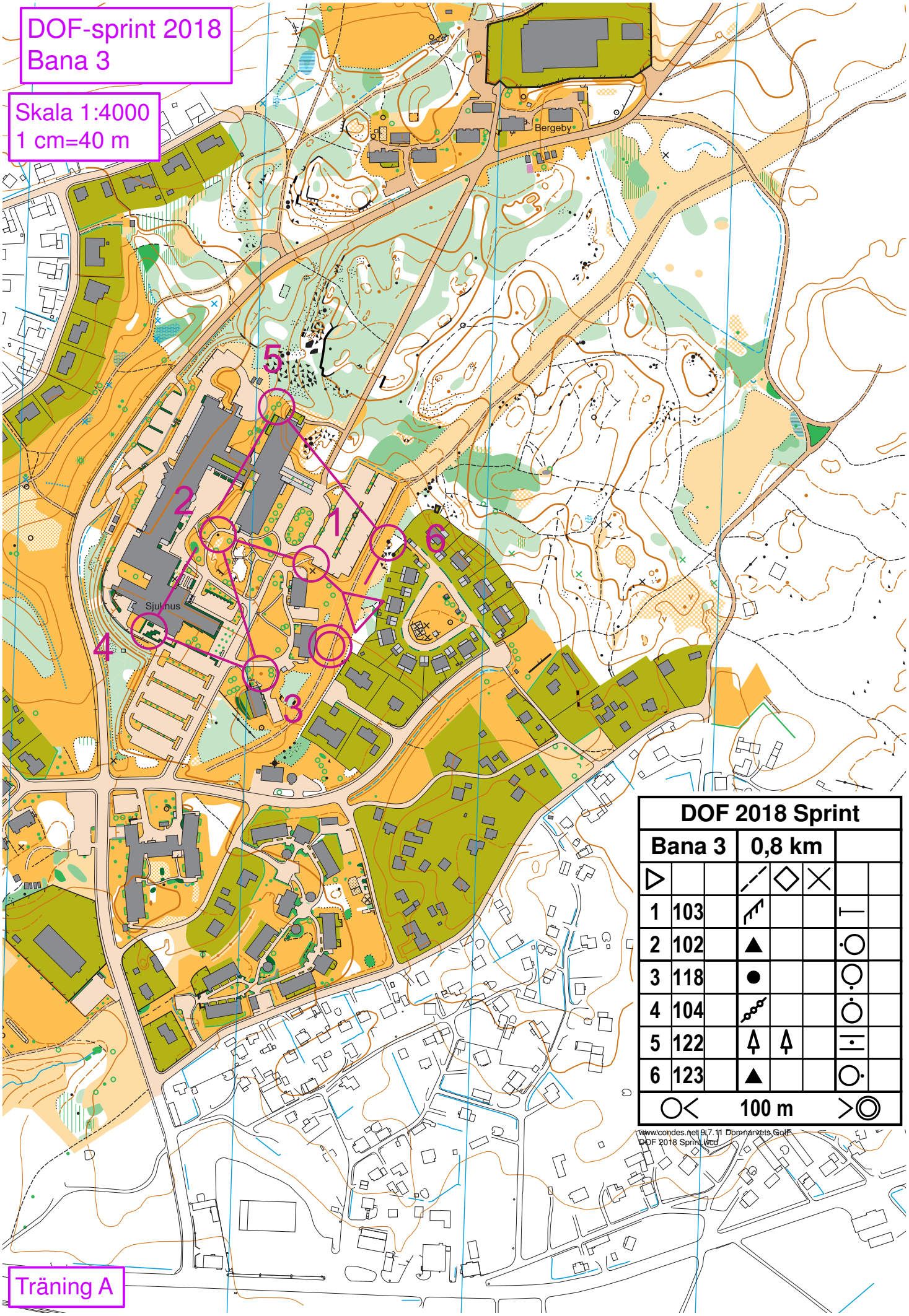
DOF 2018 Sprint							
Bana 2			0,7 km				
▷							
1	118						
2	110						
3	109						
4	116						
5	108						
6	107						
7	119						
○<			100 m			>◎	

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Träning A

DOF-sprint 2018
Bana 3

Skala 1:4000
1 cm=40 m



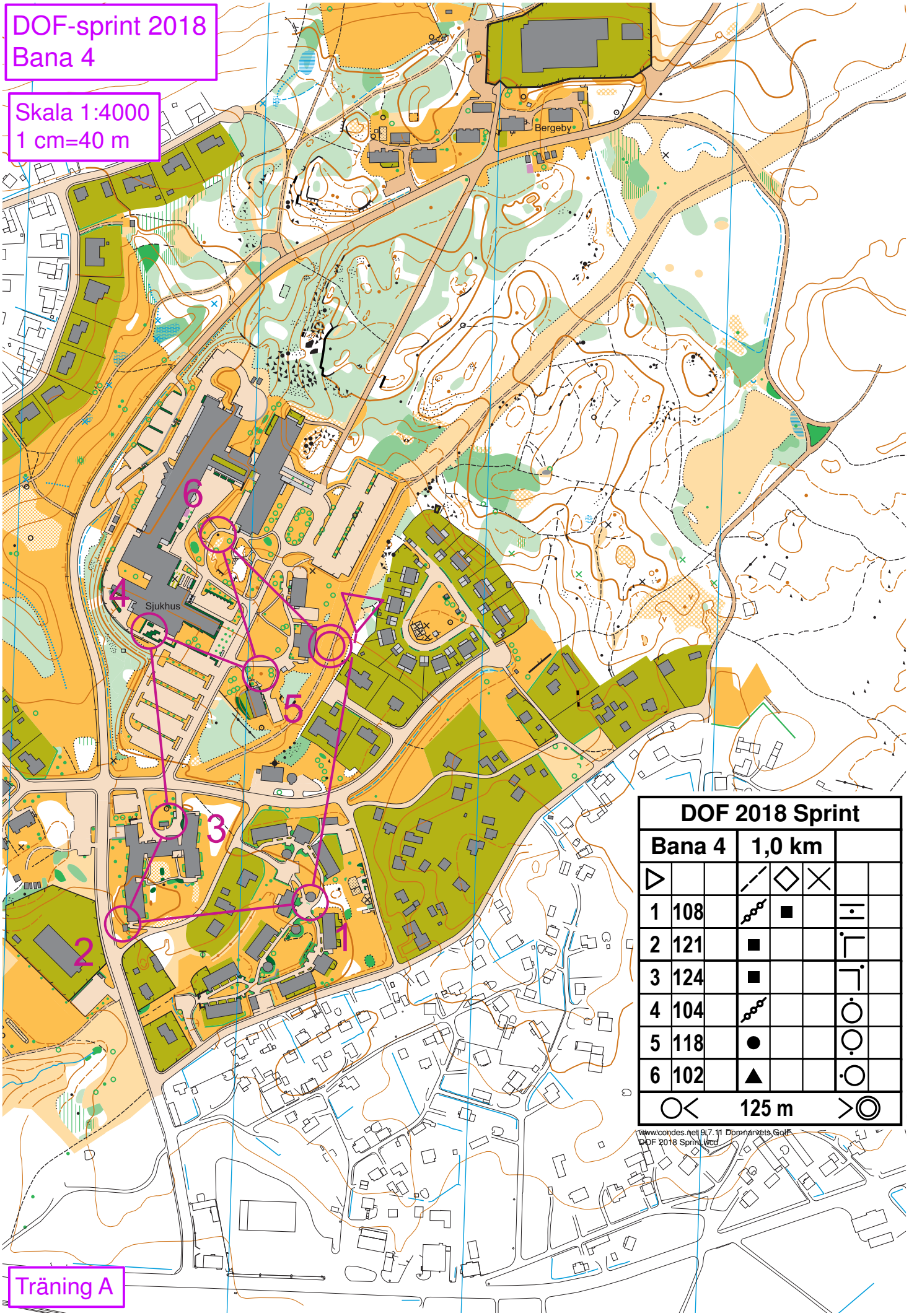
DOF 2018 Sprint							
Bana 3			0,8 km				
▷							
1	103						
2	102						
3	118						
4	104						
5	122						
6	123						
			100 m				

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Träning A

DOF-sprint 2018
Bana 4

Skala 1:4000
1 cm=40 m



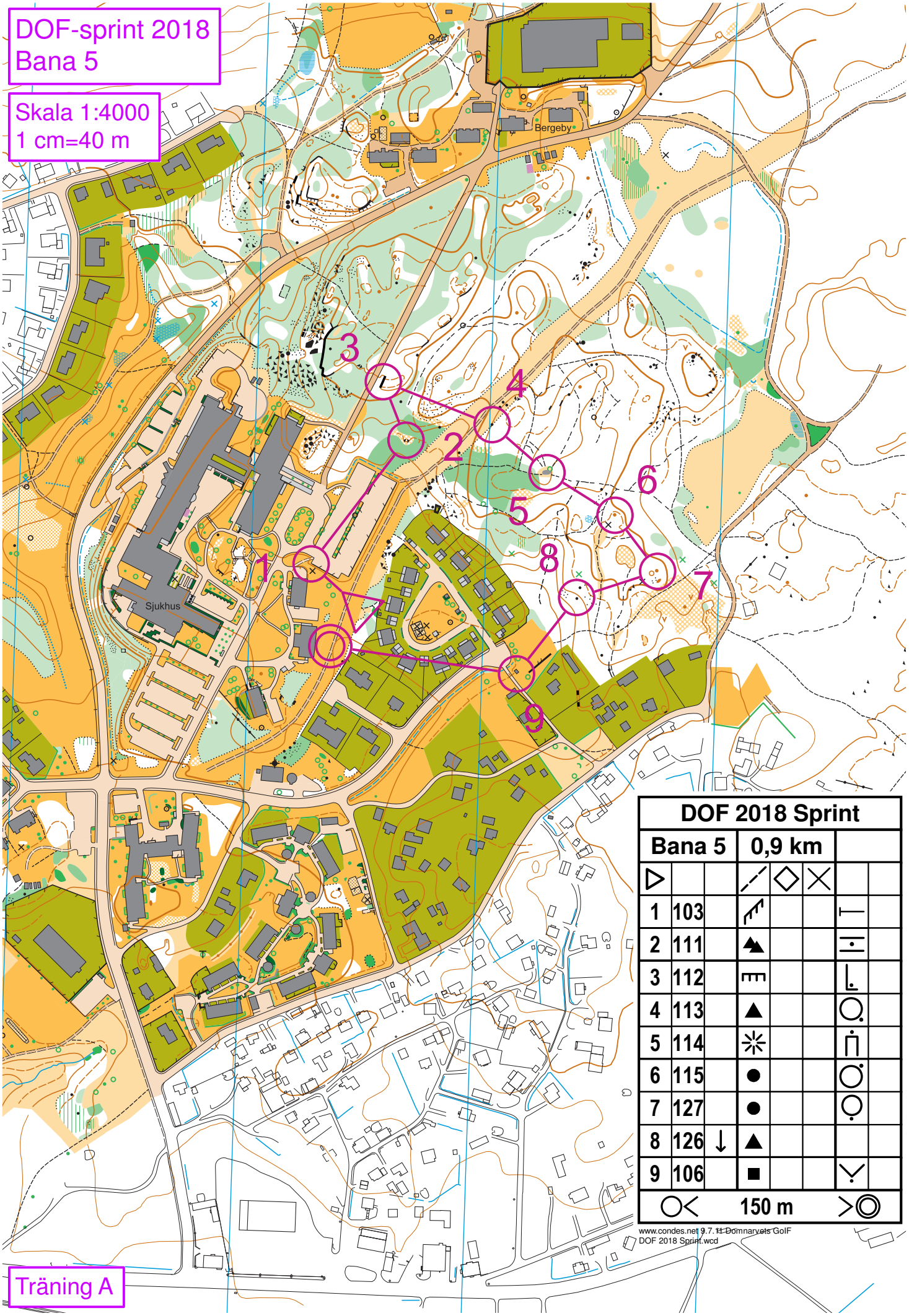
DOF 2018 Sprint							
Bana 4			1,0 km				
▷				◇	✕		
1	108			■			
2	121		■				
3	124		■				
4	104						
5	118		●				
6	102		▲				
			125 m				

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Träning A

DOF-sprint 2018
Bana 5

Skala 1:4000
1 cm=40 m



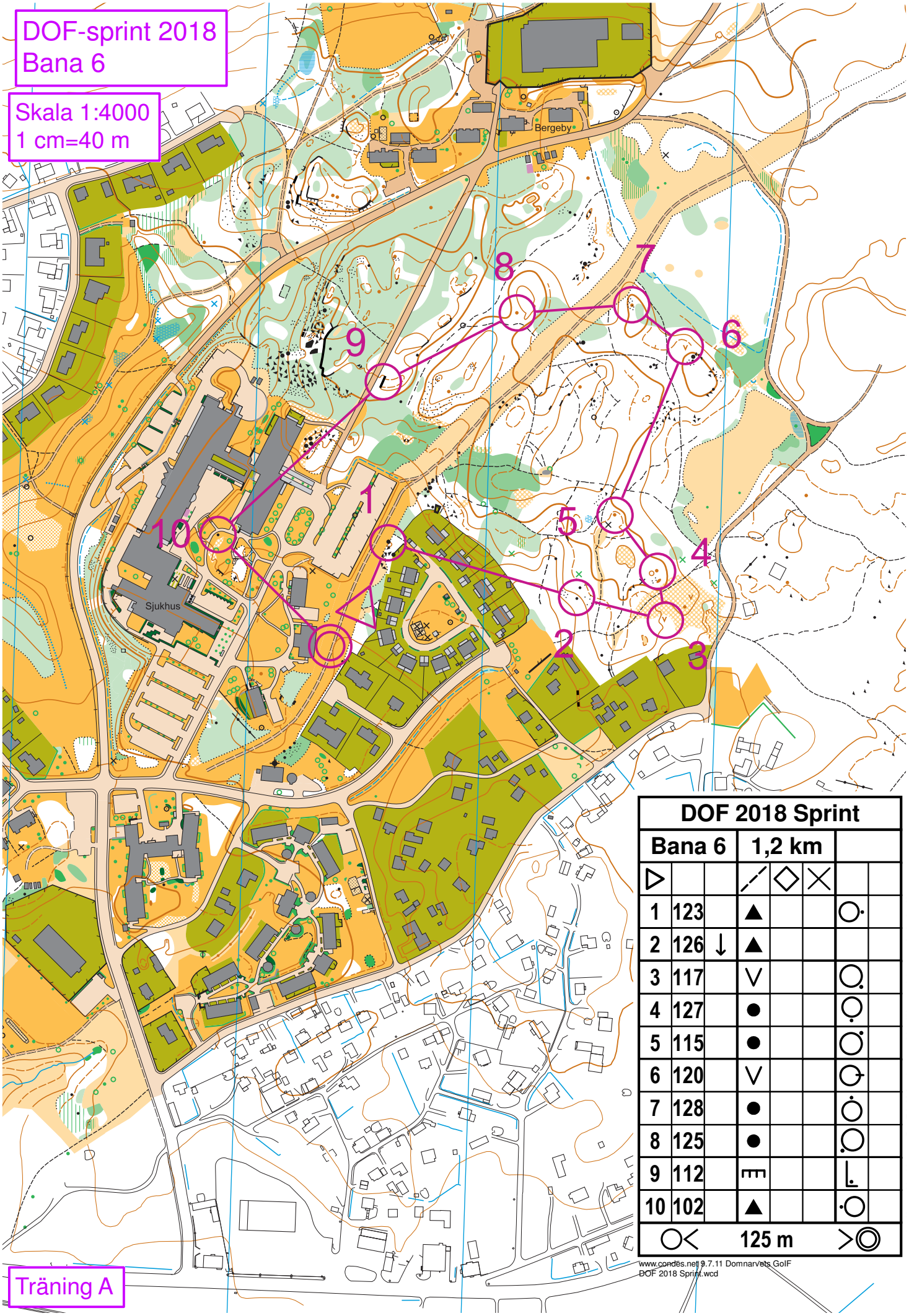
DOF 2018 Sprint								
Bana 5			0,9 km					
▷			⁄	◇	✕			
1	103							
2	111							
3	112							
4	113		▲					
5	114							
6	115		●					
7	127		●					
8	126	↓	▲					
9	106		■					
			150 m					

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DOF 2018 Sprint.wcd

Träning A

DOF-sprint 2018
Bana 6

Skala 1:4000
1 cm=40 m



DOF 2018 Sprint								
Bana 6			1,2 km					
▷			⁄	◇	✕			
1	123		▲			○·		
2	126	↓	▲					
3	117		V			○		
4	127		●			○		
5	115		●			○		
6	120		V			○		
7	128		●			○		
8	125		●			○		
9	112		⩢			L		
10	102		▲			·○		
○<			125 m				>◎	

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Träning A