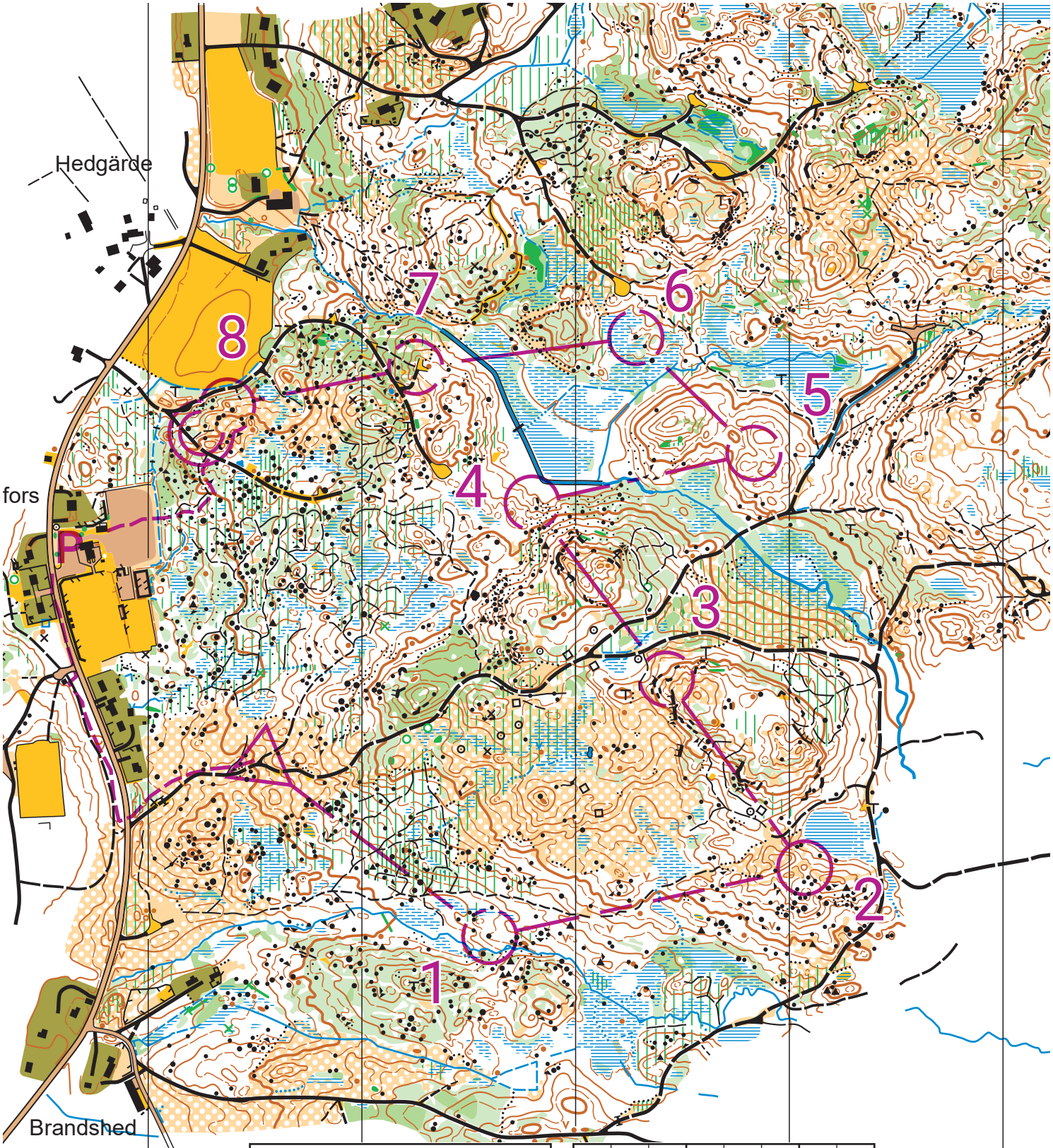


Hestrafors helgträning v 18								
Orange-3			2,7 km					
▷								
1	37		▲			○·		
2	56		⬭			○·		
3	43	⊥	⊏⊐					

4	53		∩				
5	55		∩			⁞|	
6	33	↖	▲			○	
7	58		⁄			⊣	
8	100		⬭			·○	
✕			50 m			◎	

0 1 km