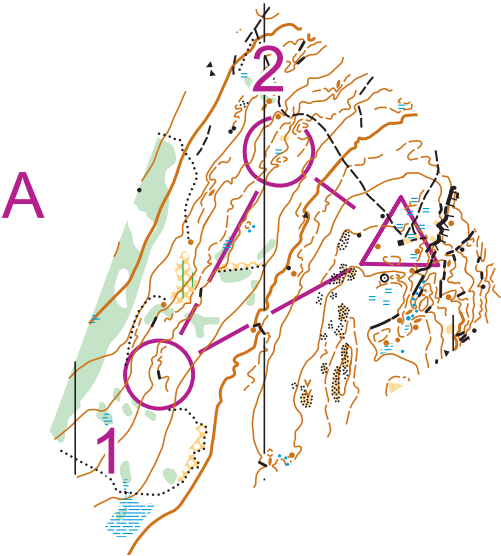
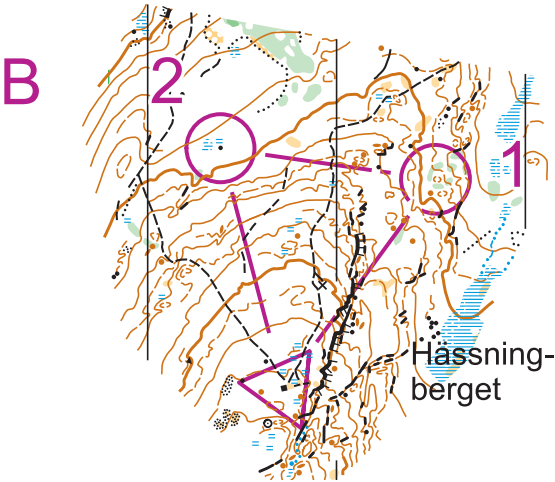


# Svart, Intervaller



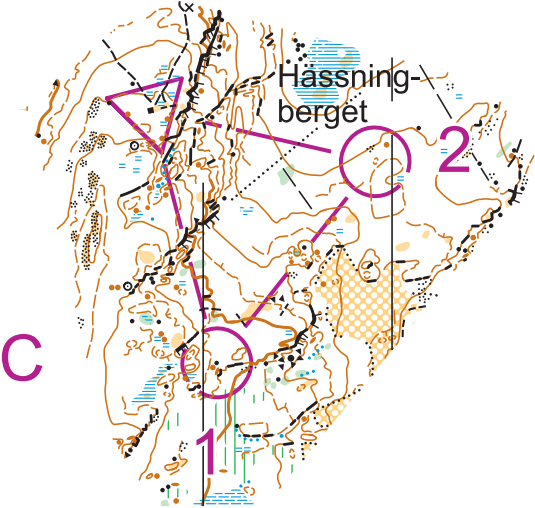
Intervaller, Svart A, 9 km

▷					
1	46	▬	1,5	⊥	
2	49	≡	4x4		



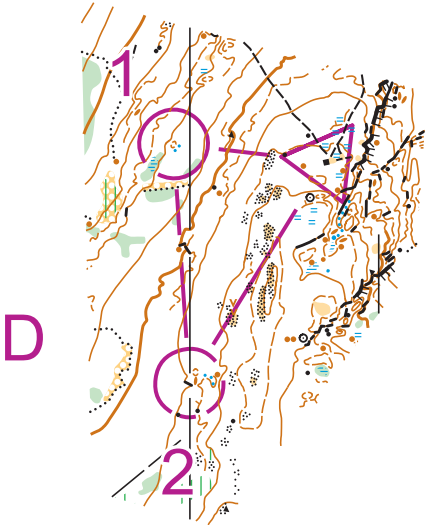
Intervaller, Svart B, 0 km

▷					
1	39	↑	○		○
2	38	▲	1,5		⊙



Intervaller, Svart C, 0 km

▷					
1	50	▲	1,4	○	
2	43	○	—		○



Intervaller, Svart D, 9 km

▷					
1	45	○	—		⊥
2	47	▬	1,5		⊥