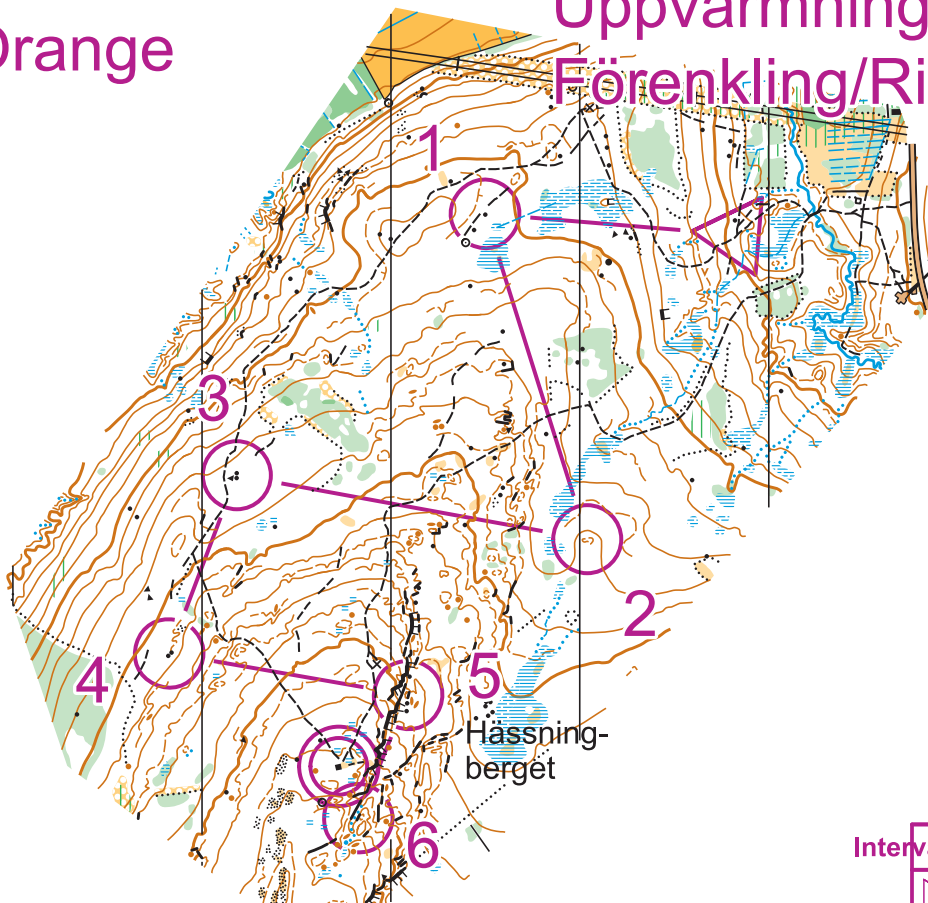


# Orange

# Uppvärmning Förenkling/Riktning

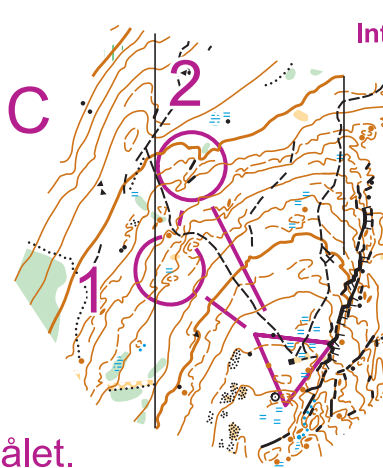
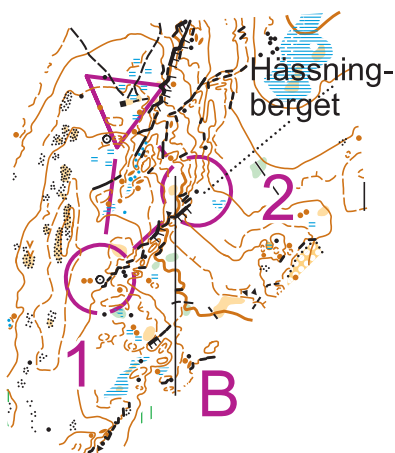
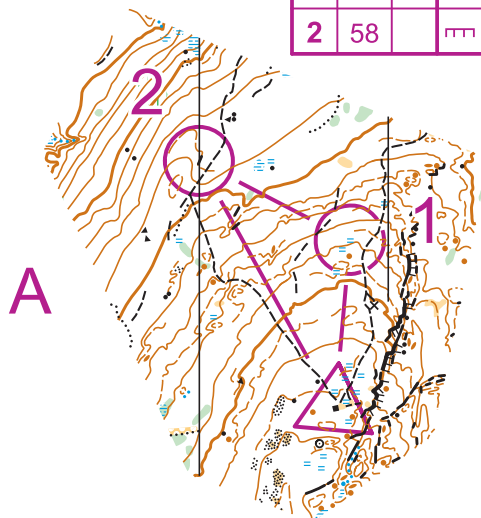


Orange/Röd		2,1 km		
▶				
1	31	▲	1,4	○
2	35	○	—	↑
3	36	▲	▲	≡
4	37	▲	▲	≡
5	41	→	≡	└
6	44	→	≡	└
○		70 m		○

# Teknikträning 23/5-2017 OUC

Intervaller, Orange		0,8 km		
▶				
1	40	≡	2x2	
2	58	≡	1,3	└

Intervaller, Orange		0,6 km		
▶				
1	48	○		
2	56	▲	2,0	○



Intervaller, Orange		0,6 km		
▶				
1	49	≡	4x4	
2	57	↑	≡	2,0

Obs! hög fart från sista kontrollen till målet.