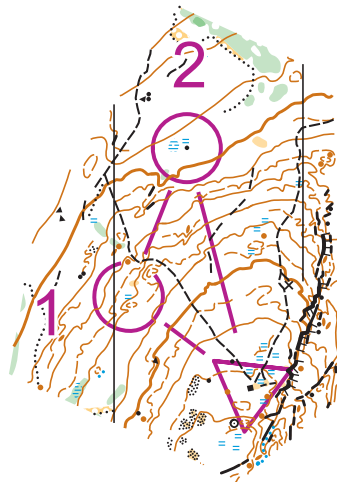
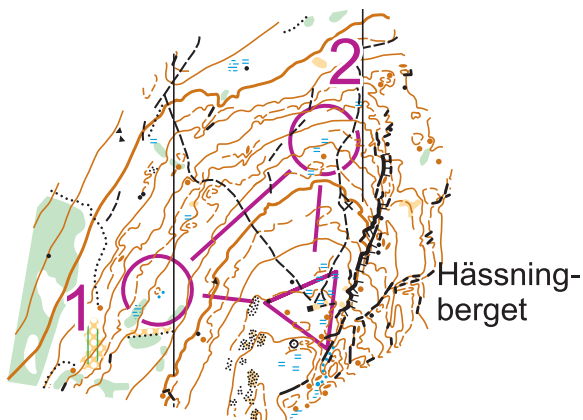


Orange/Röd		2,1 km			
▷					
1	31	▲	1,4	•○	
2	35	○	—	∩	
3	36	▲▲		≡	
4	37	▲▲		≡	
5	41	→	≡		⊥
6	44	→	≡		⊥
		70 m			

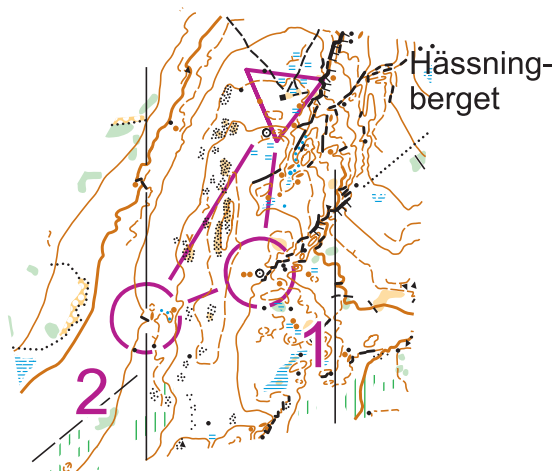
Teknikträning 23/5-2017 OUC

Intervaller, Röd		A0,7 km			
▷					
1	49	≡	4x4		
2	38	▲	1,5	•○	

Intervaller, Röd		B0,7 km			
▷					
1	45	○	—	∩	
2	40	≡	2x2		



Intervaller, Röd		C0,7 km			
▷					
1	48	⊙			
2	47	≡	1,5	⊥	



Obs! Hög fatr från sista kontrollen till mål