

# VO Træningsløb uge 39

| Bane 1 | 5,3 km |   |
|--------|--------|---|
| 1 101  | ⚡      | ⊗ |
| 2 103  | ⚡      | ⊗ |
| 3 104  | ⚡      | ⊗ |
| 4 105  | ⚡      | ⊗ |
| 5 112  | ✱      |   |
| 6 114  | ⚡      | ⊗ |
| 7 115  | ⚡      |   |
| 8 113  | ●      |   |
| 9 117  | ⚡      | ⊗ |
| 10 119 | ←      | ⊗ |
| 11 120 | ⚡      |   |
| 12 116 | ⚡      |   |
| 13 118 | ⚡      | ⊗ |
| 14 107 | ⚡      |   |
| 15 109 | ⚡      |   |
| 16 106 | ⚡      | ⊗ |
| 17 111 | ↓      | ⊗ |

100 m

www.condes.net 10.3.3 Viborg OK



Undallslund  
1:7.500  
ækv. distance 2,5 m

