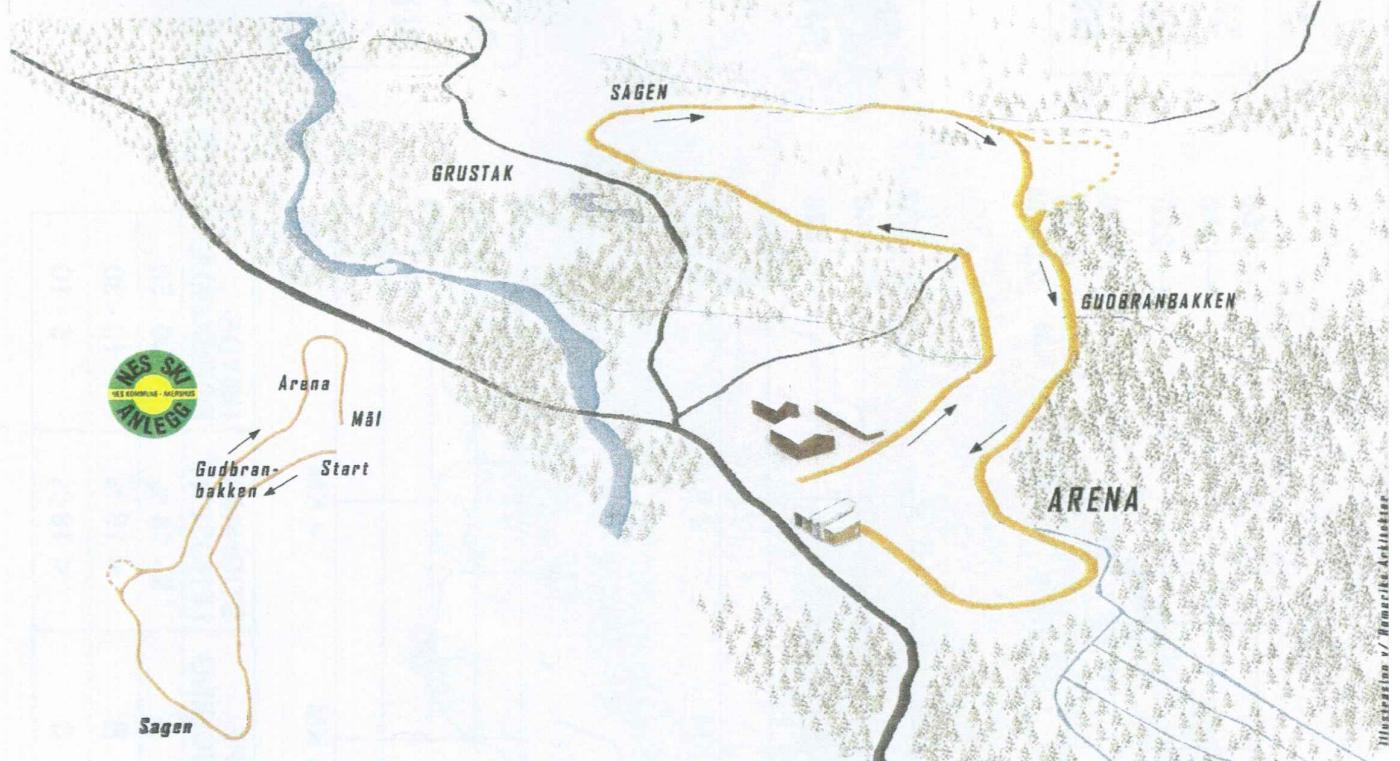
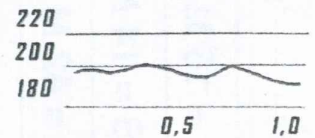


Løypeprofil 1 KM



Løypemerking:

Lengde:

20 km	4 x 5 km
15 km	3 x 5 km
10 km	2 x 5 km
7,5 km	1 x 5 km
6 km	2 x 3 km
4 km	1 x 3 km
3 km	1 x 3 km
2 km	1 x 2 km
1 km	1 x 1 km

Farge:

RØD
RØD
RØD
RØD + 1 runde 2 km BLÅ
GUL
GUL + 1 rund 1 km ORANGE
GUL
BLÅ
ORANGE