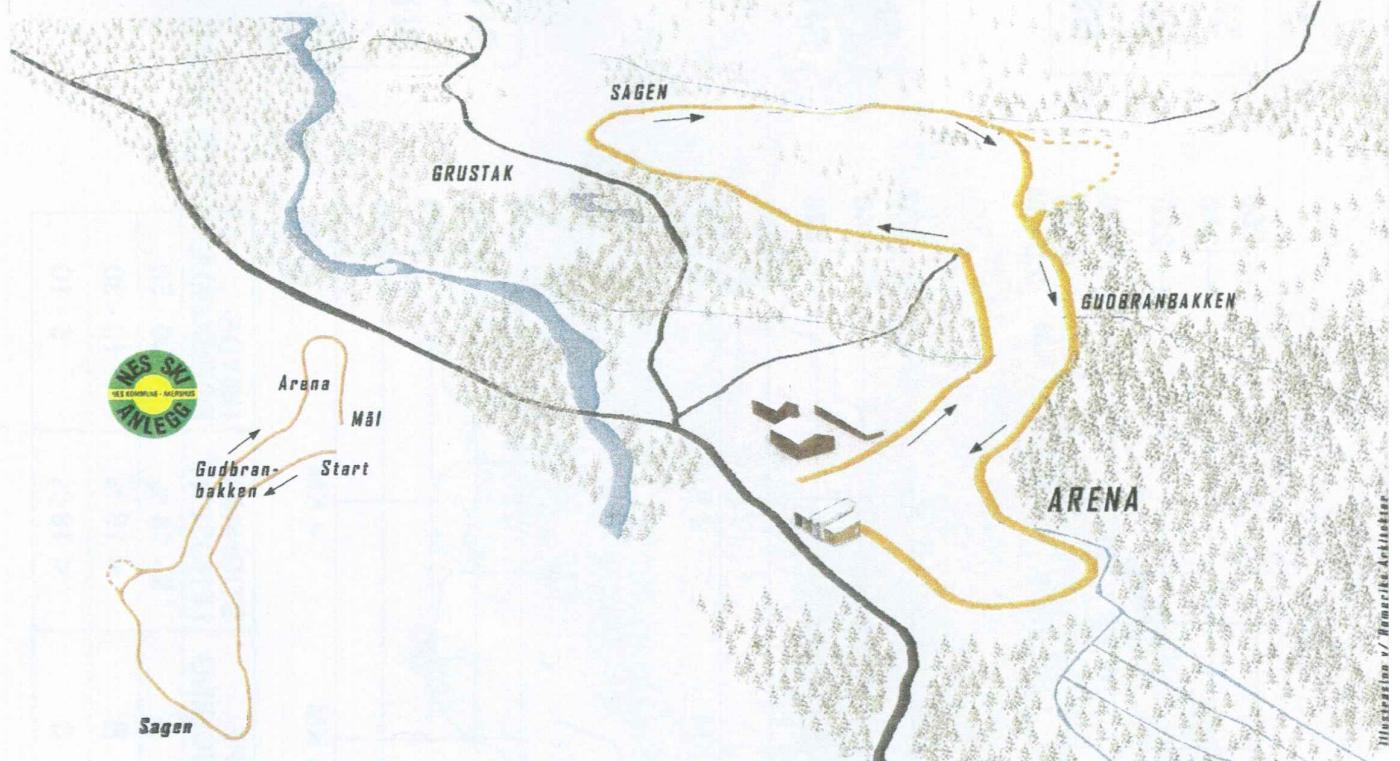
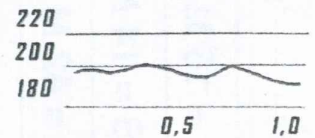


Løypeprofil 1 KM



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 |