

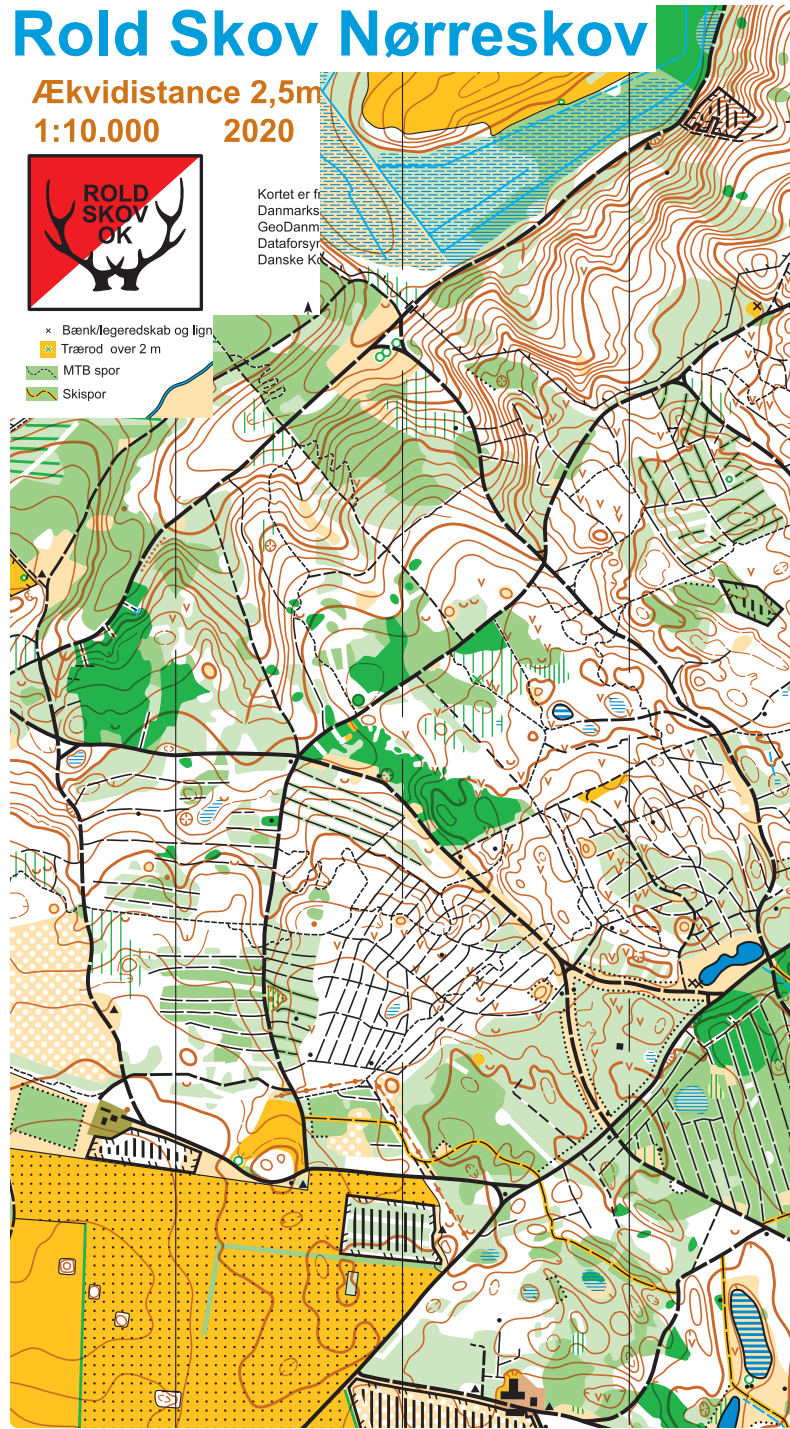
Rold Skov Nørreskov

Ækvidistance 2,5m
1:10.000 2020



Kortet er fra
Danmarks
GeoDanmark
Dataforsyning
Danske Kort

- × Bænk/legeredskab og lign.
- Trærød over 2 m
- MTB spor
- Skispor



T-løb 2020-08-29

Bane 5 4.0 km

| ▷ | | | | | |
|----|----|-----|-----|---|---|
| 1 | 84 | | --- | | ↗ |
| 2 | 91 | | --- | ↘ | |
| 3 | 32 | ↓ | --- | | ⊥ |
| 4 | 92 | ■ | | | ○ |
| 5 | 63 | ○ | | | ○ |
| 6 | 34 | ~ | ■ | | |
| 7 | 41 | | ⊂ | | |
| 8 | 48 | ⊥ | | | |
| 9 | 39 | ○ | | | ○ |
| 10 | 35 | → | --- | < | |
| 11 | 62 | ○ | | | ○ |
| 12 | 46 | ○ | | | ○ |
| 13 | 88 | ⊂ | | | ○ |
| 14 | 44 | --- | | < | |
| 15 | 69 | --- | | | ⊥ |
| 16 | 79 | ⊙ | | | ○ |
| 17 | 47 | ⊂ | | < | |
| 18 | 80 | ⊙ | | | ○ |
| 19 | 49 | ○ | | | ○ |
| 20 | 45 | ○ | | | ⊥ |
| 21 | 51 | ◇ | | | ⊥ |

○ --- 75 m --- → ⊙

www.condesinet.no:131Rold SkovØK
2020-hc-191-træningsslop.wpd

