



| LOK träning 2023 |    |        |   |  |   |
|------------------|----|--------|---|--|---|
| C                |    | 4,1 km |   |  |   |
| ▷                |    |        |   |  |   |
| 1                | 40 | ▲      |   |  | ○ |
| 2                | 41 | ∩      |   |  | ∩ |
| 3                | 35 | ▲      |   |  | ○ |
| 4                | 36 | ∩      |   |  | ○ |
| 5                | 37 | ≡      |   |  |   |
| 6                | 38 | ↘      | ▲ |  | ○ |
| 7                | 39 | ↙      | • |  | ○ |
| 8                | 44 | ○      |   |  | ○ |
| 9                | 45 | ↓      | • |  | ○ |
| 10               | 46 | ↓      | ∩ |  |   |
| 11               | 47 | •      |   |  | ○ |
| 12               | 48 | ↖      | ∩ |  |   |
|                  |    | 380 m  |   |  |   |