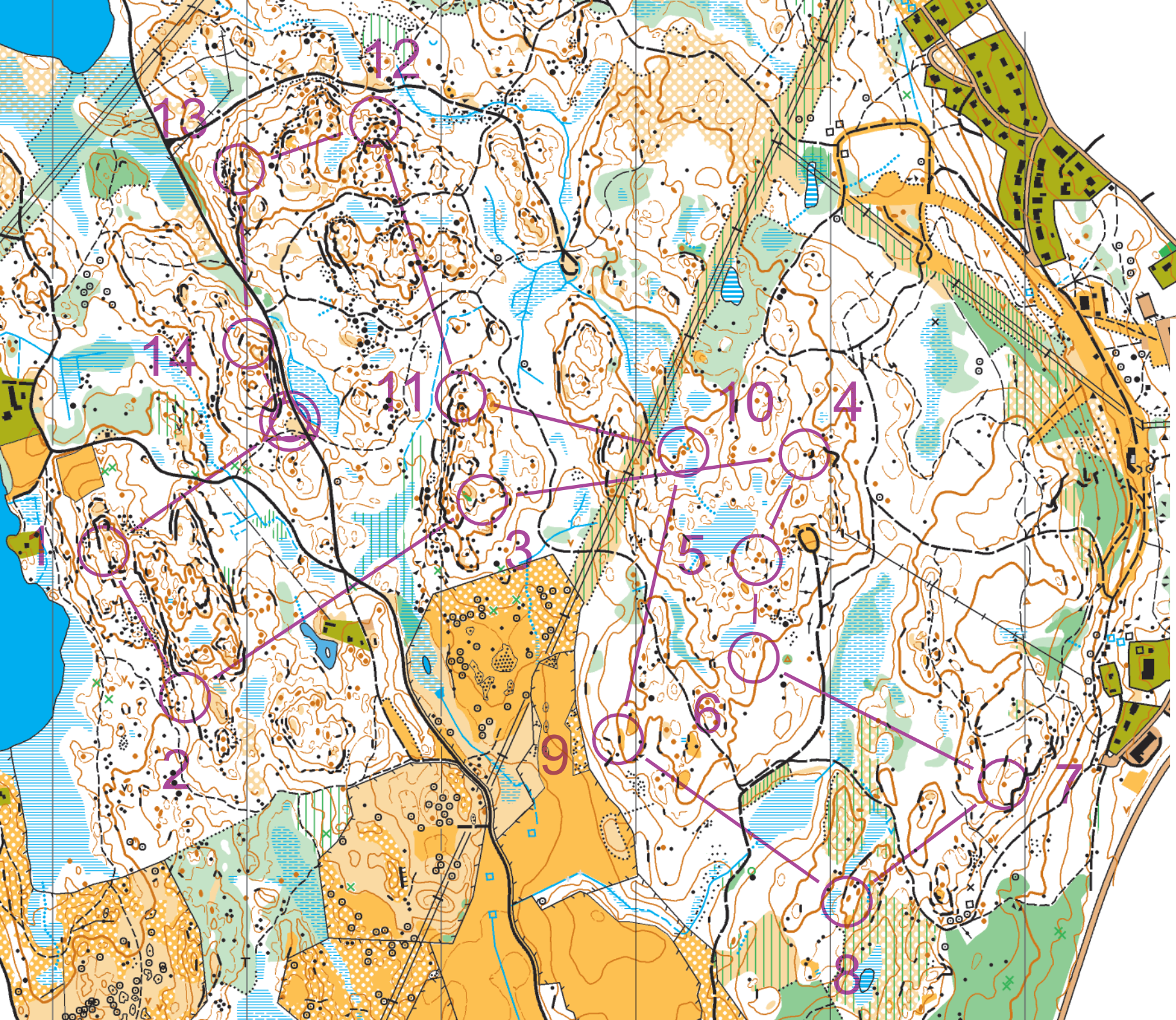

BMOL träning 21-23/4 2026							
Bana 1			5,0 km				
▷							
1	46		⎍			⁞	
2	42	↗	▲			⚲	
3	57	↘	▲			·○	
4	54		▲			⚬	
5	31	↙	●			·○	
6	33	↓	●			⚲	
7	55		●			⚲	
8	52	↙	●			⚲	
9	53	→	⊓			⊾	
10	34		●			⚬	
11	38		●			⚬	
12	40	↙	⊓			⊾	
13	41		▲			·○	
14	48		●			⚬	
○<			140 m			>◎	