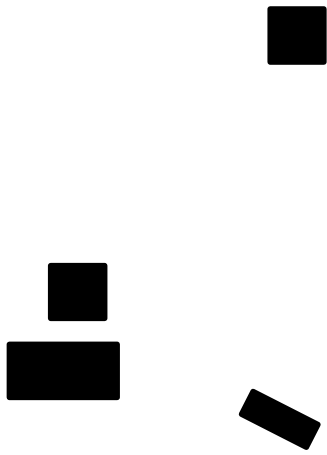
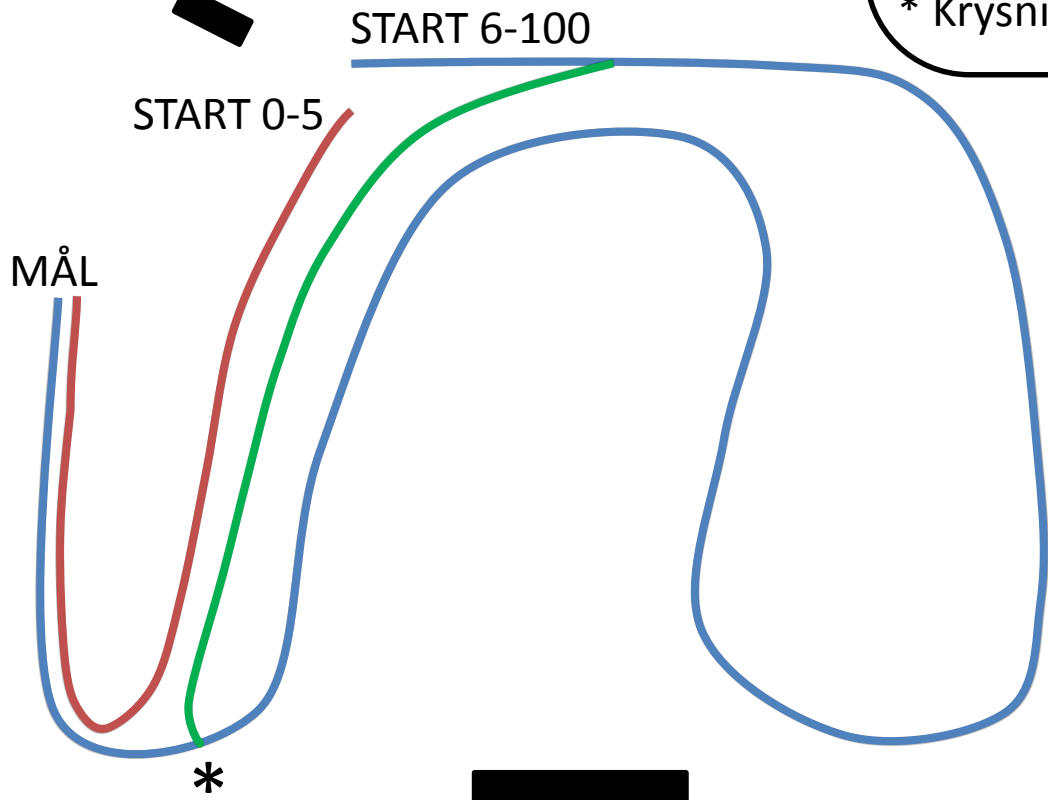


HOMEDVEG



| | | |
|-------------|-----------------|--|
| 0-5 | 400m | |
| 6-10 | 1 km (1 runde) | |
| 11-12 | 2 km (2 runder) | |
| 13-14 | 3 km (3 runder) | |
| 15-16 | 4 km (4 runder) | |
| Junior | 4 km (4 runder) | |
| Senior lang | 6 km (6 runder) | |
| Senior kort | 3 km (3 runder) | |

* Krysningspunkt neste runde/mål



OBS!
 Fellesstart fra klasse 11 år.
 Sjekk starttider!