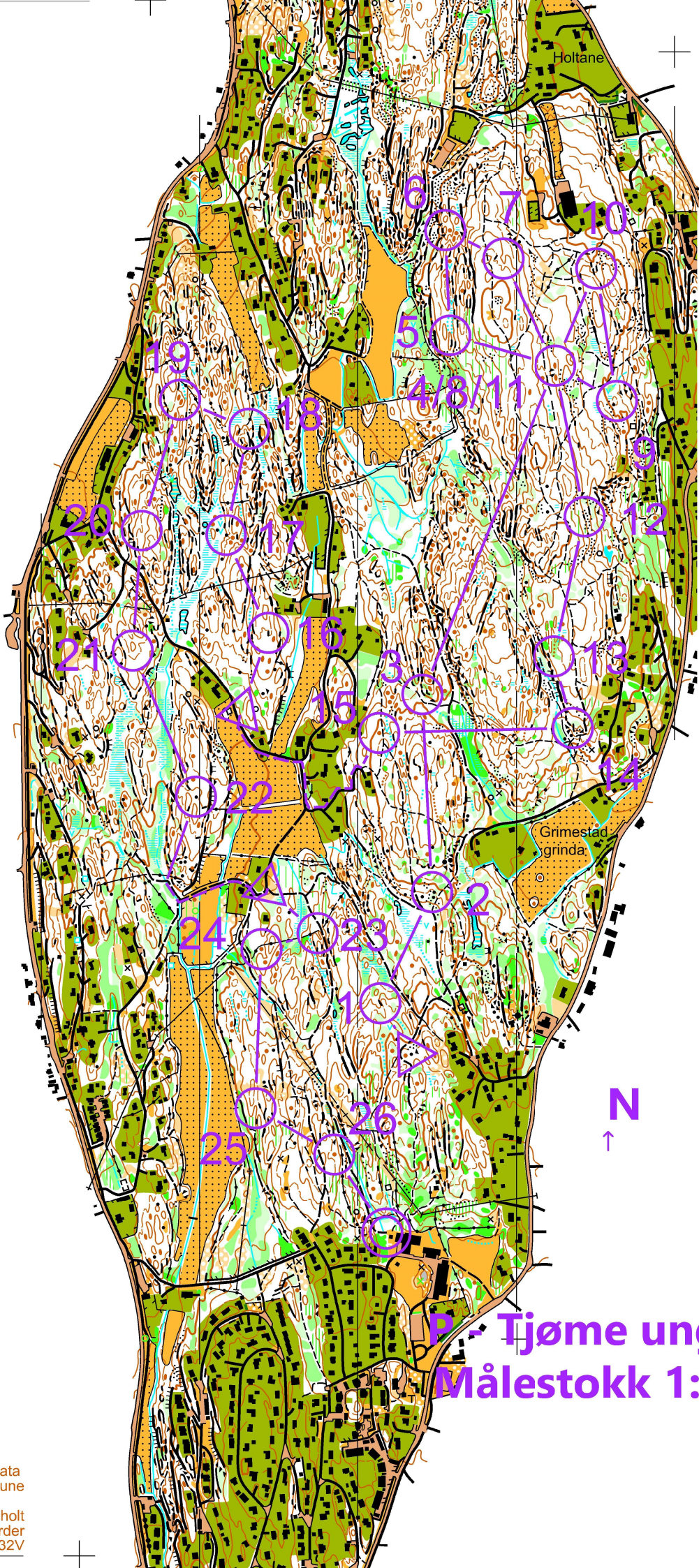




Sommertrening 2026									
A-løypa		7,1 km							
▷		▲		○					
1	31	≡							
2	32	∩							
3	34	↙	≡						
4	42	↑	●						
5	46	↘	○					○	
6	45	↓	○						
7	41	↑	∩						
8	42	↑	●						
9	44		○					○	
10	43	→	≡						
11	42	↑	●						
12	47	↙	≡						
13	48		≡					⊥	
14	39	↘	≡						
15	35		●						
----- 420 m -----▷△									
▷		⊗		○					
16	49	≡							
17	50	▲		○					
18	51	→	∩						
19	52	● ●		≡					
20	53	∩							
21	54	○		○					
22	55	▲		○					
----- 250 m -----▷△									
▷		↗ ↘							
23	36	∩							
24	37	↙	●						
25	40	∩							
26	38	●							
○<----- 180 m ----->◎									

P - Tjøme ung.sk.
Målestokk 1:10000