

LØYPEKART



J/G 8-10 år : 1 km

J/G 11-12år : 2 km

J/G 13-14år : 2,5 km

J/G 15-16år : 5 km

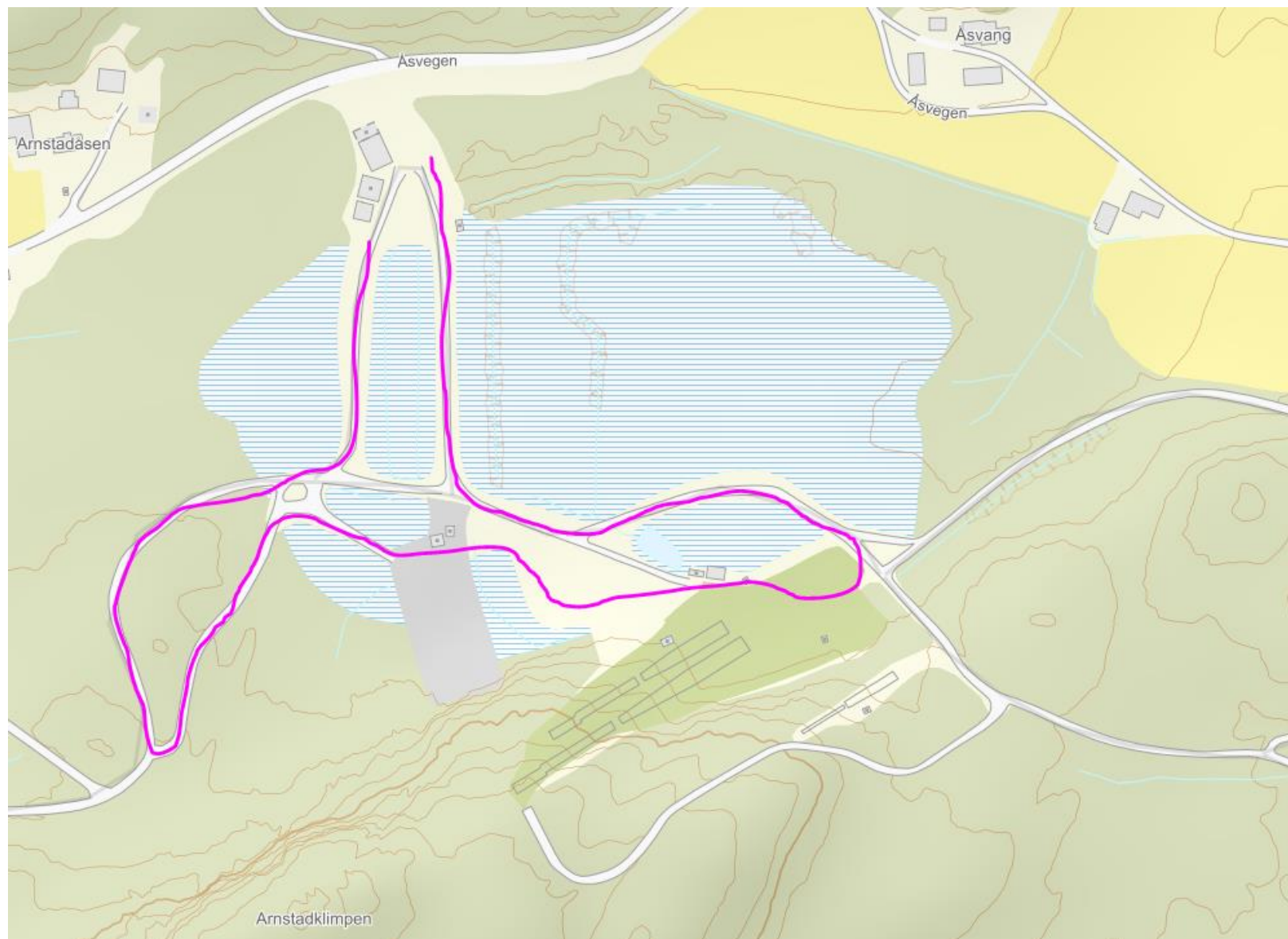
K 17-18år : 5 km

K 19/20 -> : 10km

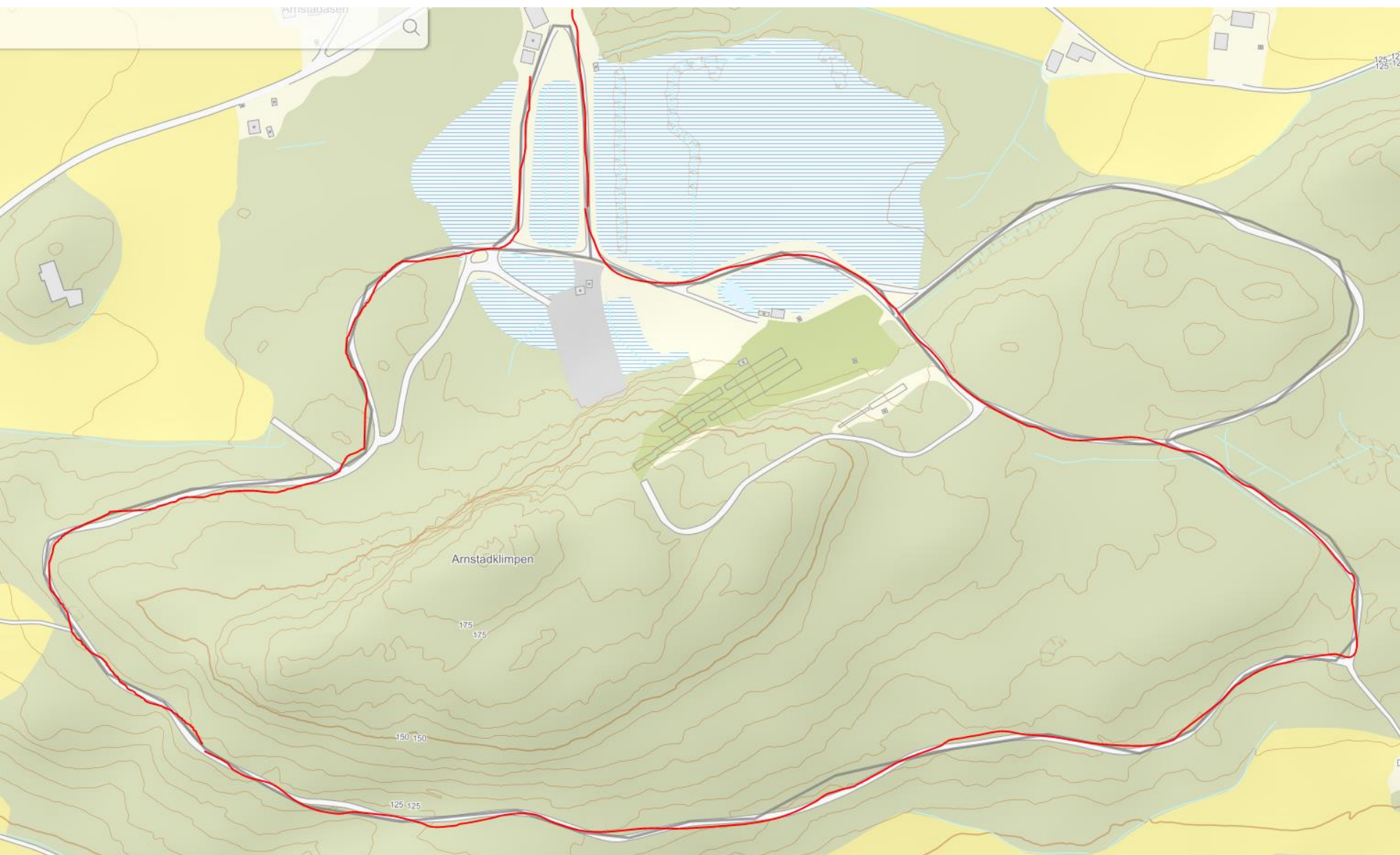
M 17-18år : 10km

M 19/20 -> : 15km

Løypekart 1,0km



Løypekart 2,0km



Løypekart 2,5km

— 2,5km

5km	2 runder
10km	4 runder
15km	6 runder

