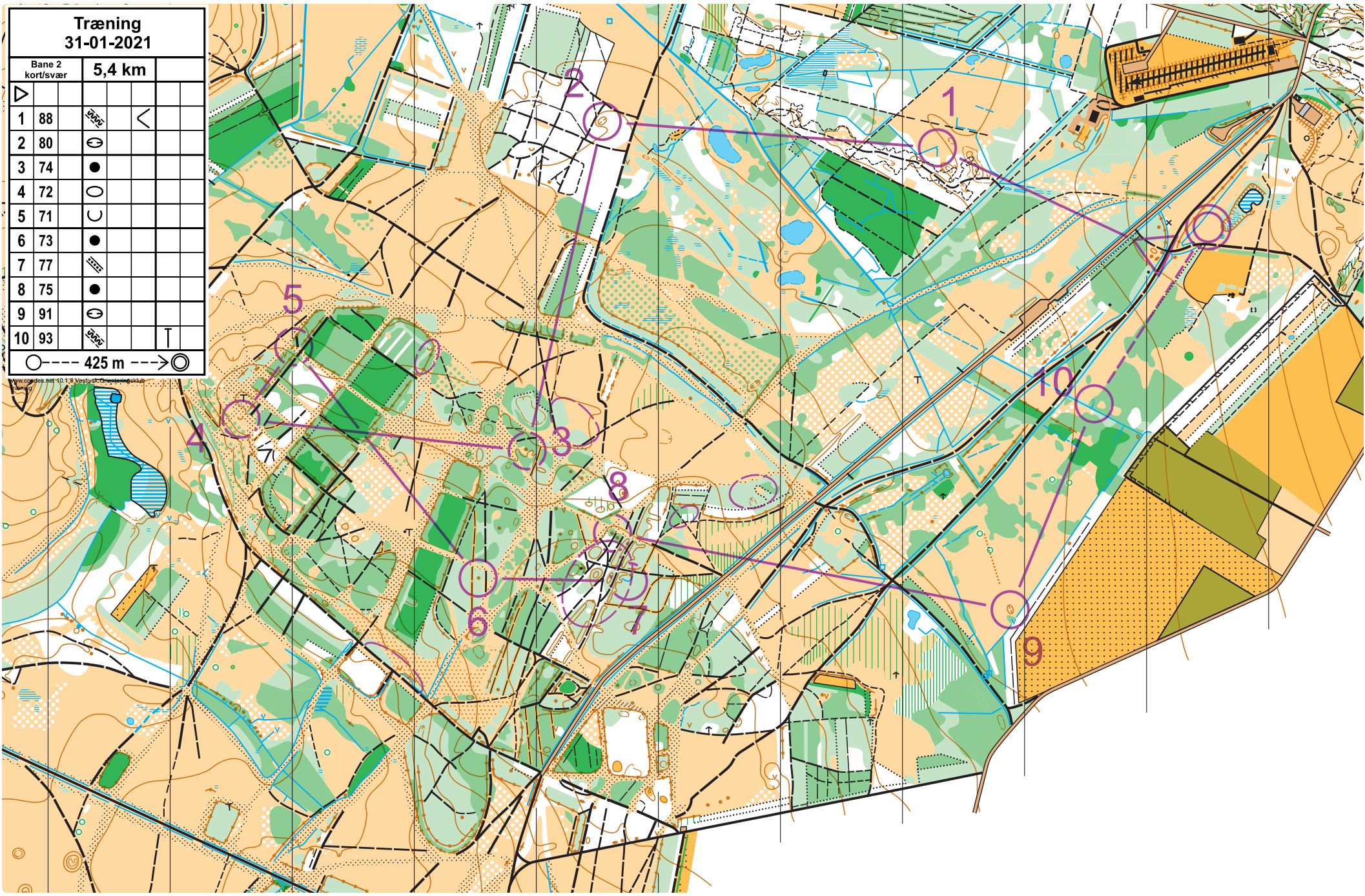


# Træning 31-01-2021

Bane 2 kortsvar		5,4 km	
▷			
1	88	2502	<
2	80	⊖	
3	74	●	
4	72	○	
5	71	∪	
6	73	●	
7	77	2502	
8	75	●	
9	91	⊖	
10	93	2502	T

○--- 425 m --->⊙

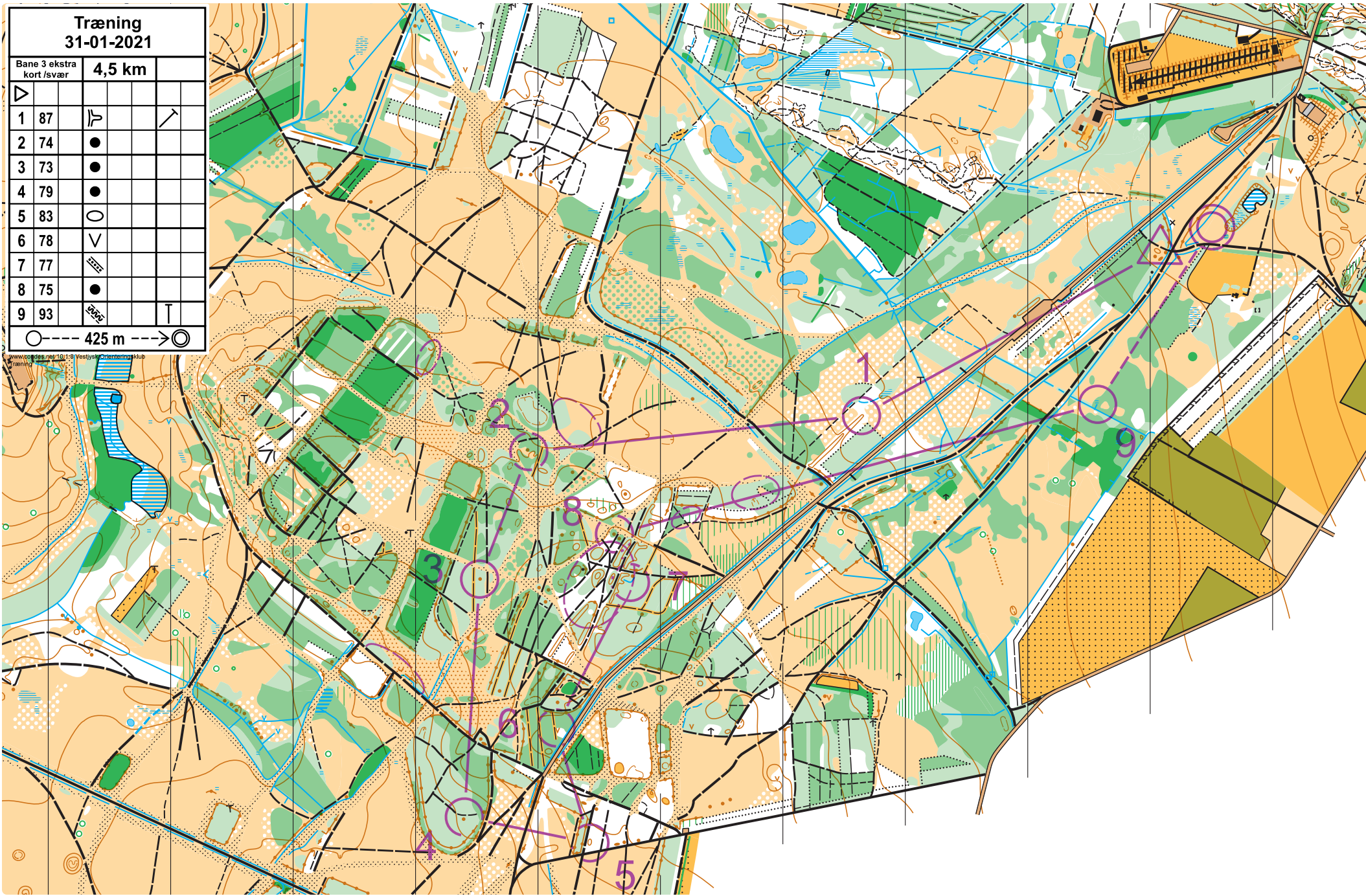


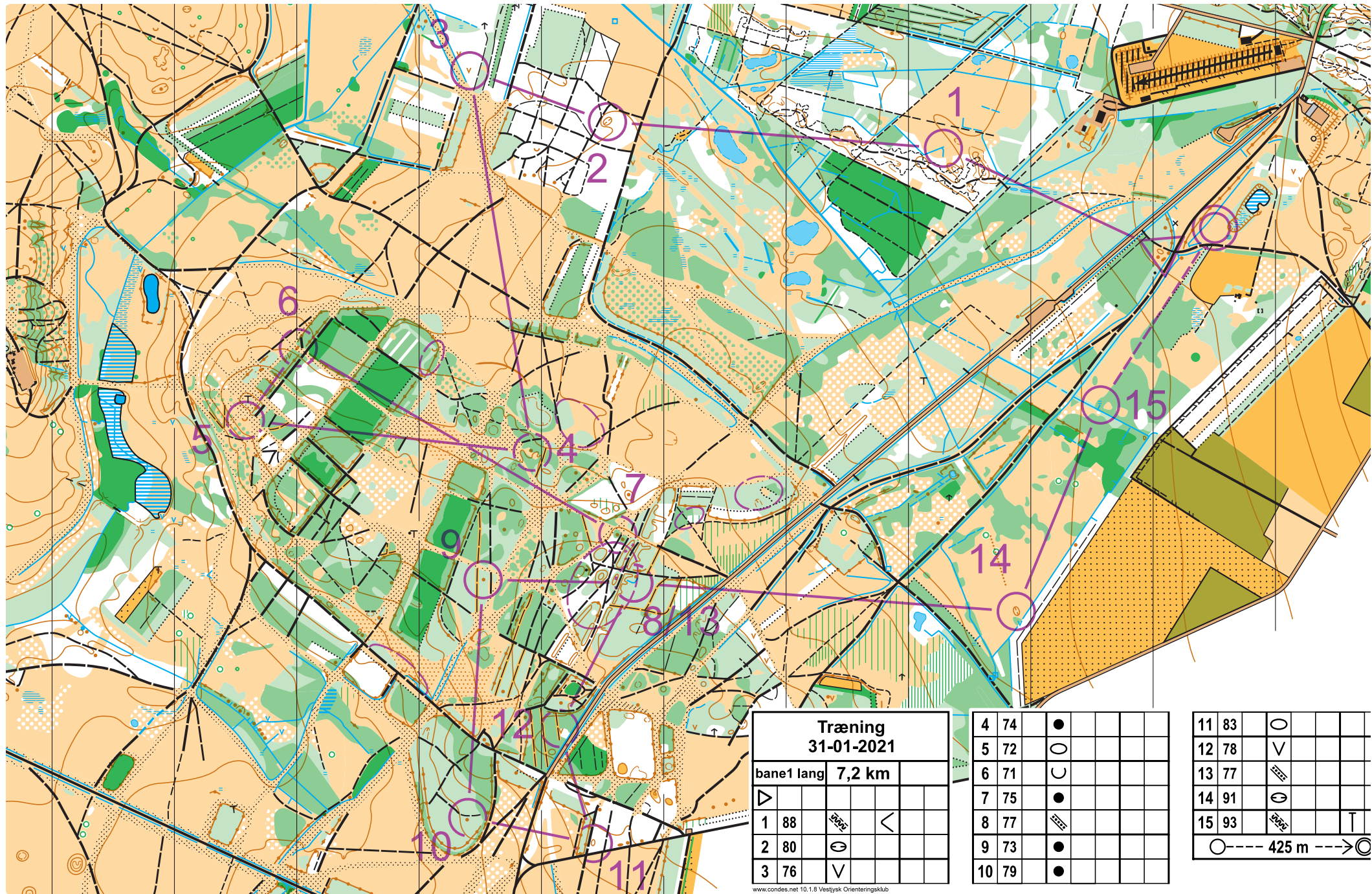
# Træning 31-01-2021

Bane 3 ekstra  
kort /svær 4,5 km

1	87	↖	↗
2	74	●	
3	73	●	
4	79	●	
5	83	○	
6	78	∇	
7	77	≡	
8	75	●	
9	93	○	⊥

○ --- 425 m ---> ⊙





**Træning**  
**31-01-2021**

bane1 lang **7,2 km**

▽				
1	88	2000	<	
2	80	⊙		
3	76	V		

4	74	●		
5	72	○		
6	71	U		
7	75	●		
8	77	2000		
9	73	●		
10	79	●		

11	83	○		
12	78	V		
13	77	2000		
14	91	⊙		
15	93	2000	T	

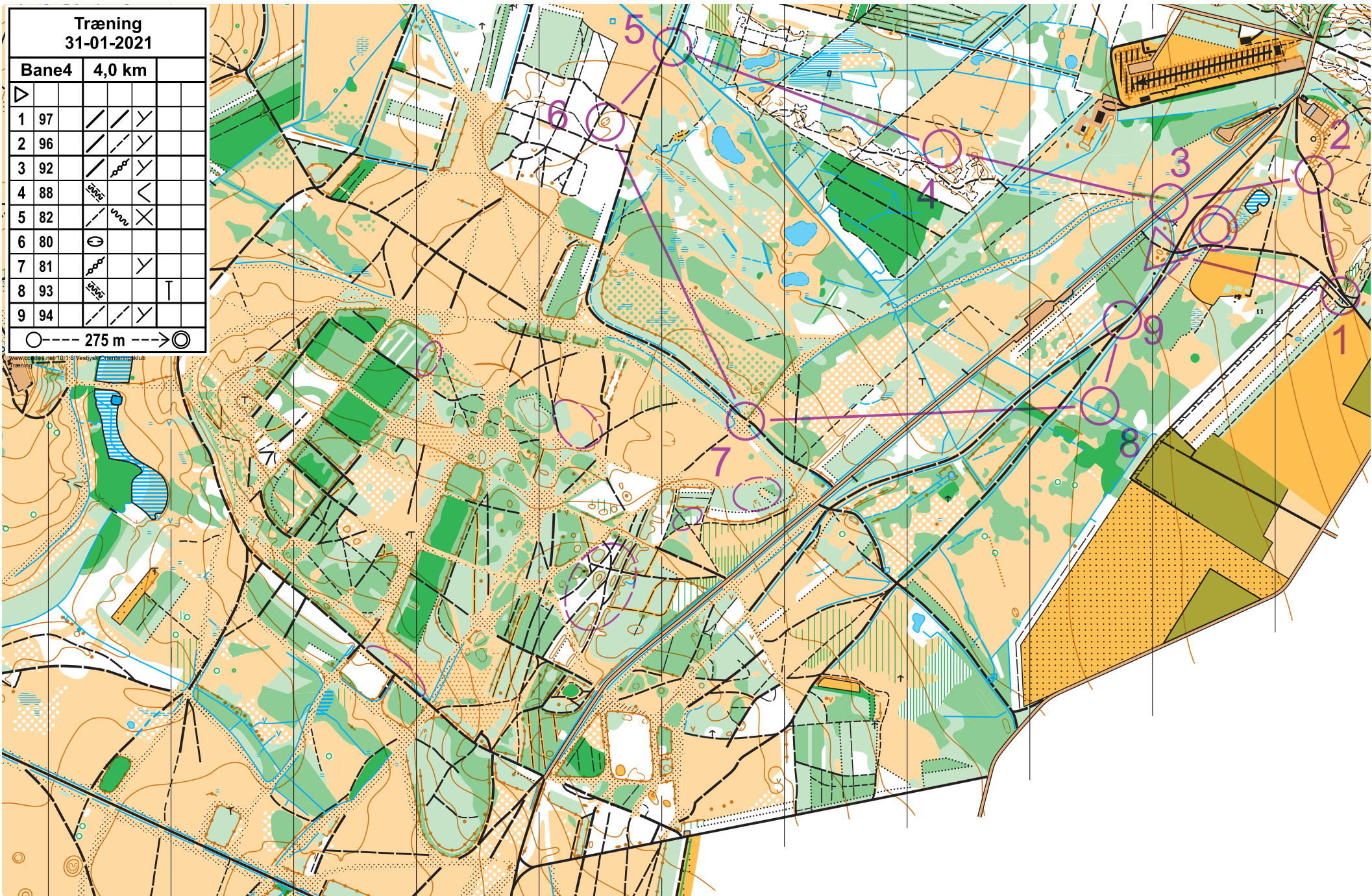
○ --- 425 m ---> ⊙

# Træning 31-01-2021

Bane 4 4,0 km

▷					
1	97	/ /	Y		
2	96	/ /	Y		
3	92	/ /	Y		
4	88	2002	<		
5	82	/ /	X		
6	80	⊙			
7	81	/ /	Y		
8	93	2002		T	
9	94	/ /	Y		

○ --- 275 m ---> ○



www.cadlab.net/10115/Verstijkt/Orienteringsklub  
Træning

# Træning 31-01-2021

Let	3,5 km			
1	97	/ /	Y	
2	96	/ /	Y	
3	95	/ /	Y	
4	92	/ /	Y	
5	90	/ /		
6	81	/ /	Y	
7	84	/ /	Y	
8	85	/ /	X	
9	94	/ /	Y	

○ --- 275 m ---> ○

