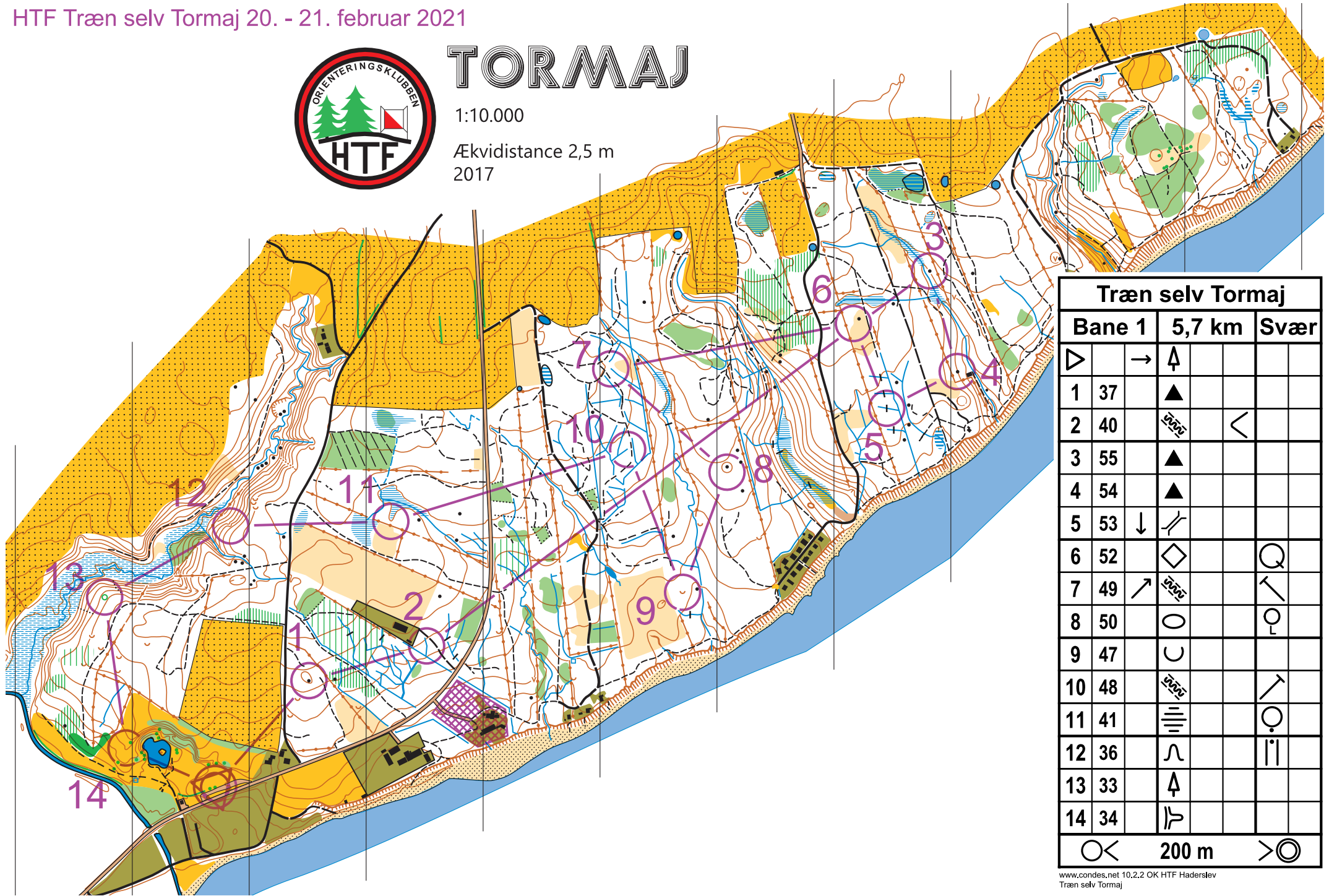




TORMAJ

1:10.000

Ækvadistance 2,5 m
2017



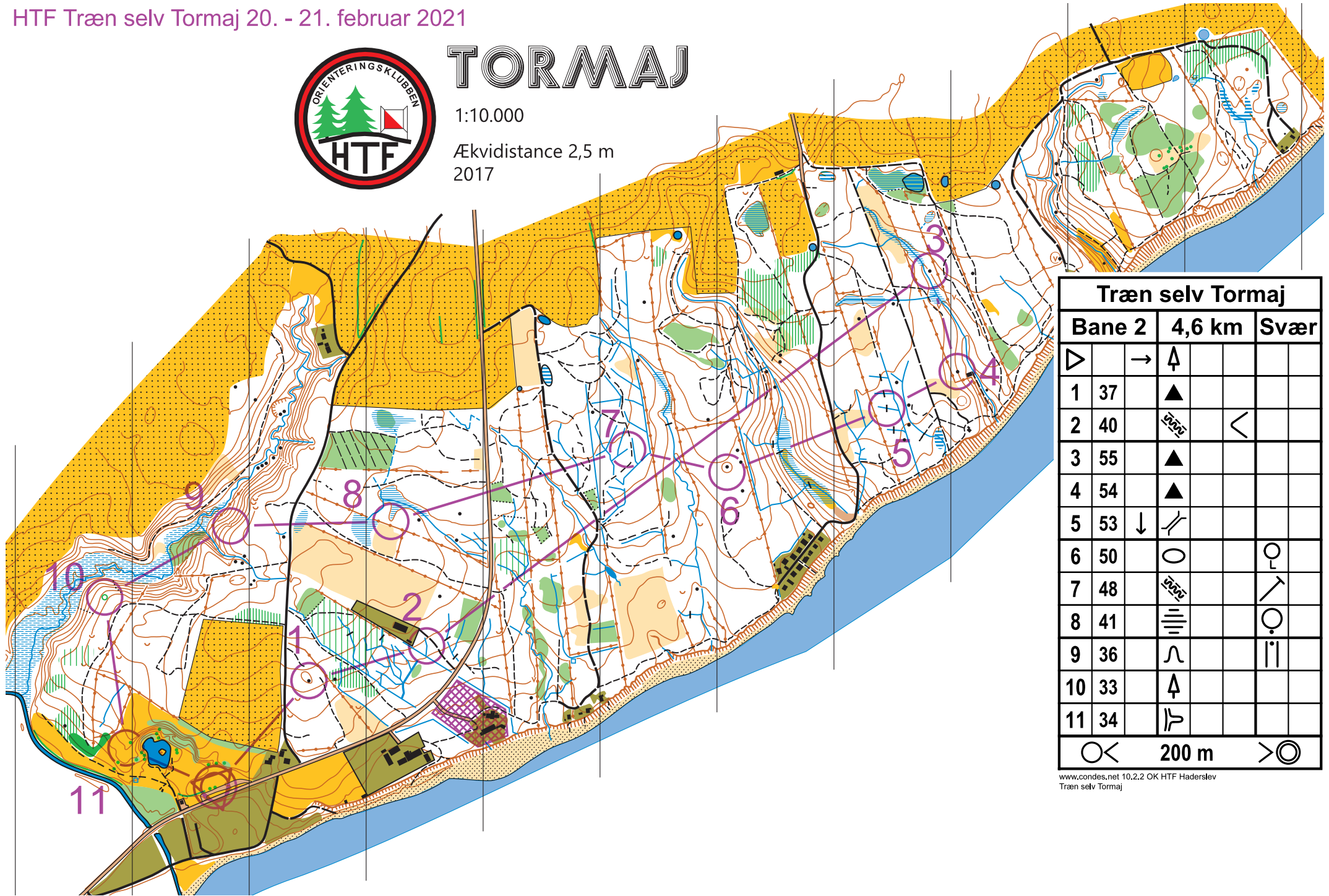
Træn selv Tormaj				
Bane 1		5,7 km	Svær	
▶	→	⬆		
1	37	▲		
2	40	⚡	<	
3	55	▲		
4	54	▲		
5	53	↓	⚡	
6	52	◇		Q
7	49	↗	⚡	↖
8	50	○		○
9	47	∪		
10	48	⚡		↗
11	41	≡		○
12	36	∩		
13	33	⬆		
14	34	↘		
		○ <	200 m	> ○



TORMAJ

1:10.000

Ækvilidistance 2,5 m
2017



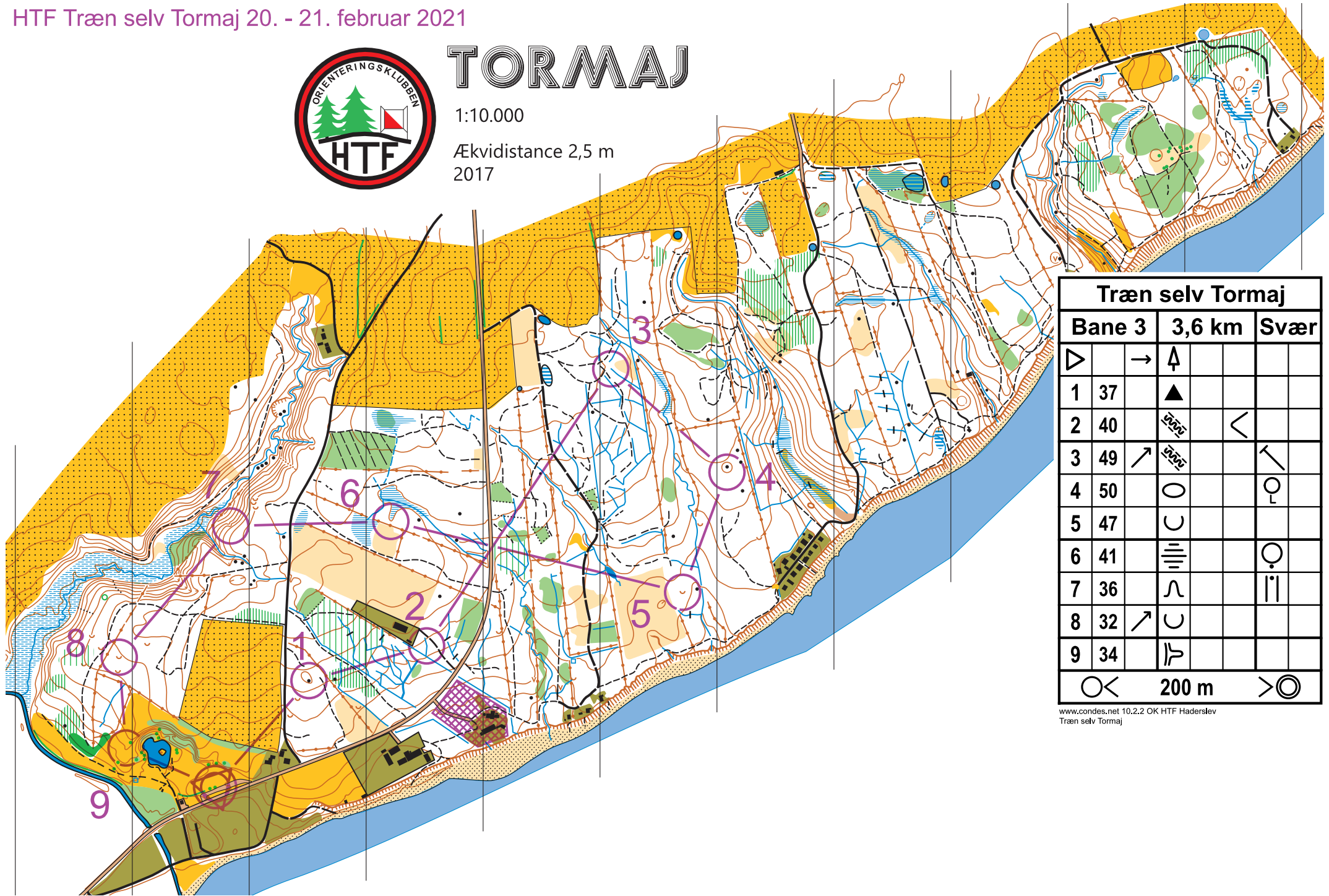
Træn selv Tormaj				
Bane 2		4,6 km	Svær	
▷	→	⤴		
1	37	▲		
2	40	⚡	<	
3	55	▲		
4	54	▲		
5	53	↓	↙	
6	50	○		○
7	48	⚡		↗
8	41	≡		○
9	36	∩		
10	33	⤴		
11	34	↘		
○ <		200 m	> ○	



TORMAJ

1:10.000

Ækvadistance 2,5 m
2017



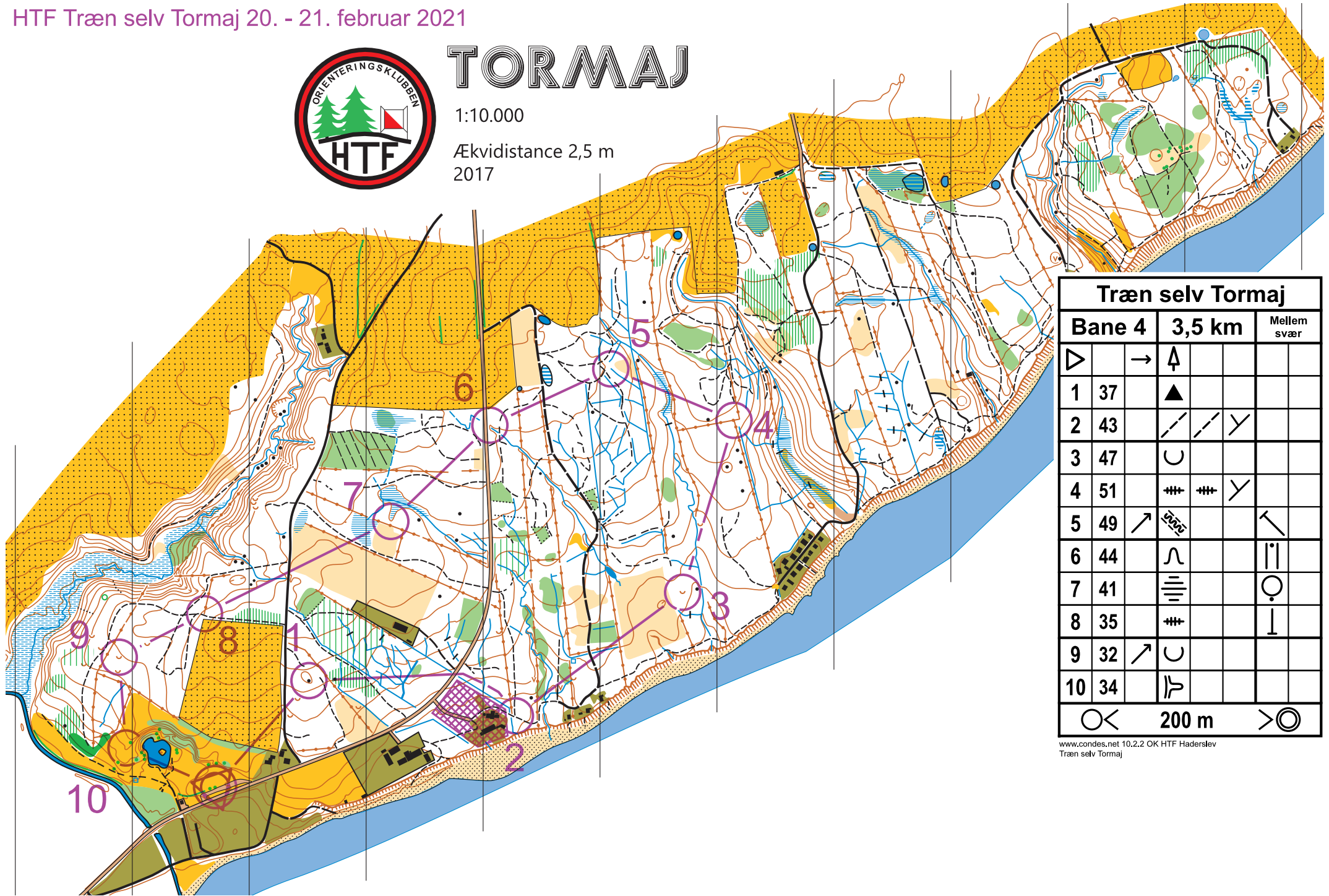
Træn selv Tormaj				
Bane 3		3,6 km	Svær	
▷	→	↑		
1	37	▲		
2	40	⚡	<	
3	49	↗	⚡	↖
4	50	○		○
5	47	∪		
6	41	≡		○
7	36	∩		
8	32	↗	∪	
9	34	⌒		
		○ <	200 m	> ○



TORMAJ

1:10.000

Ækvidistance 2,5 m
2017



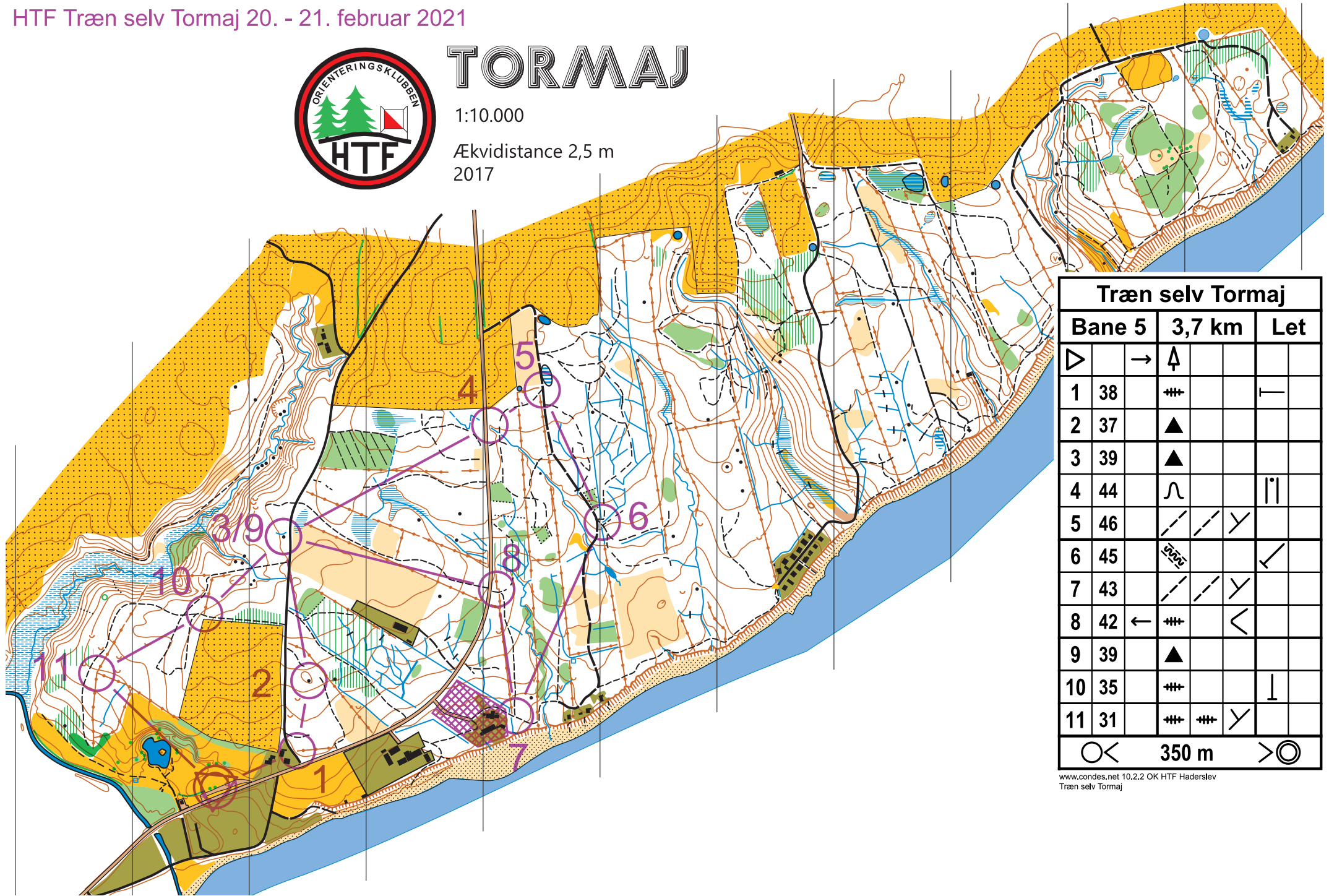
Træn selv Tormaj				
Bane 4		3,5 km		Mellem svær
▷	→	⤴		
1	37	▲		
2	43	/ /	Y	
3	47	∪		
4	51	## #	Y	
5	49	↗	⚡	↖
6	44	∩		
7	41	≡		○
8	35	##		
9	32	↗	∪	
10	34	⤵		
○ <		200 m		> ○



TORMAJ

1:10.000

Ækvistance 2,5 m
2017



Træn selv Tormaj				
Bane 5		3,7 km	Let	
▷	→	↑		
1	38	⦿		—
2	37	▲		
3	39	▲		
4	44	∩		
5	46	/ /	Y	
6	45	⚡		✓
7	43	/ /	Y	
8	42	←	⦿	<
9	39	▲		
10	35	⦿		⊥
11	31	⦿ ⦿	Y	
○	<	350 m	>	◎