

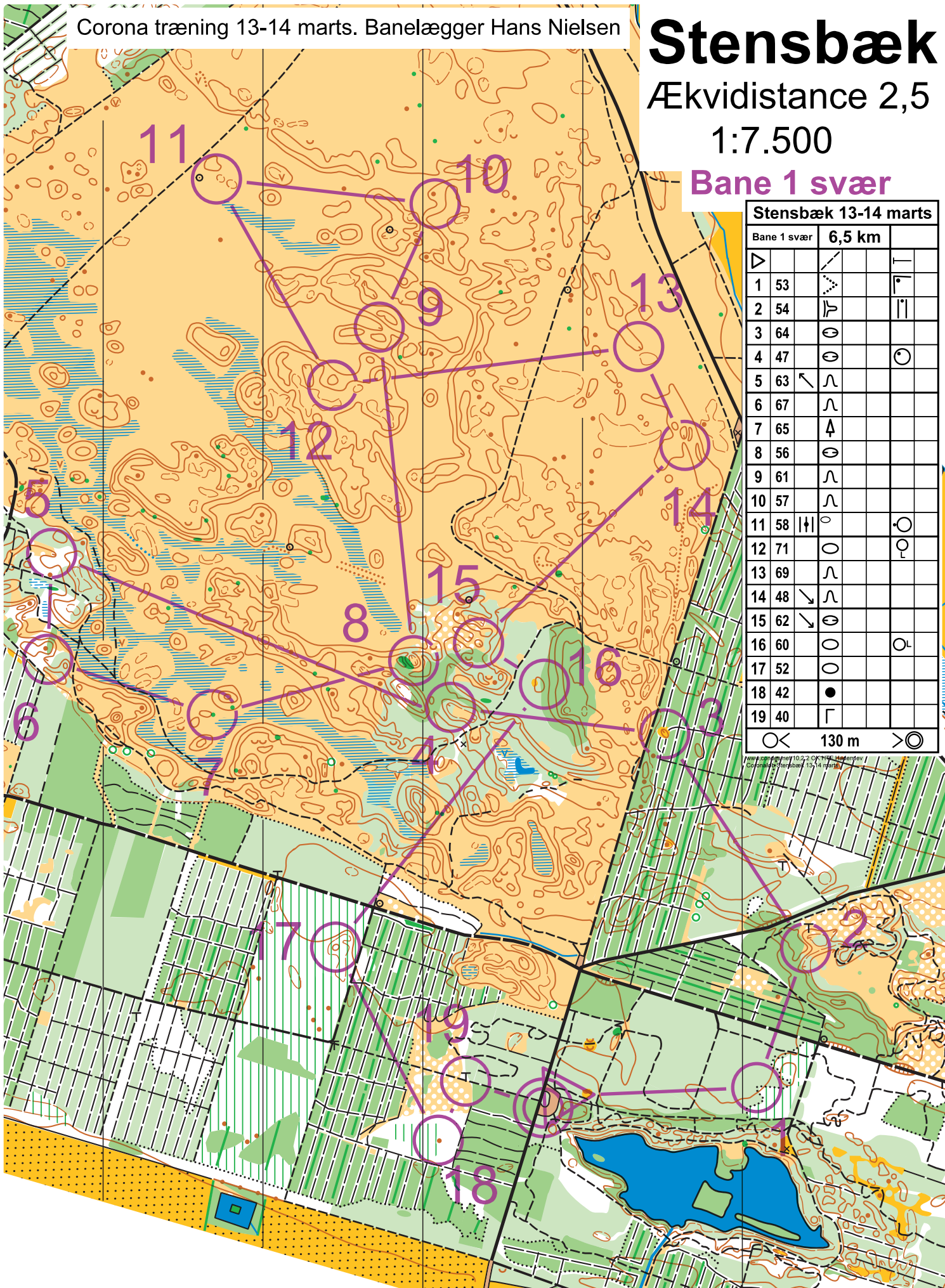
Corona træning 13-14 marts. Banelægger Hans Nielsen

Stensbæk

Ækvidistance 2,5

1:7.500

Bane 1 svær



Stensbæk 13-14 marts

| Bane 1 svær | | 6,5 km | | | |
|-------------|----|--------|---|--|---|
| ▷ | | ↘ | | | ┌ |
| 1 | 53 | ◡ | | | └ |
| 2 | 54 | ┌ | | | ┌ |
| 3 | 64 | ⊖ | | | |
| 4 | 47 | ⊖ | | | ⊙ |
| 5 | 63 | ↙ | ∩ | | |
| 6 | 67 | | ∩ | | |
| 7 | 65 | | ↑ | | |
| 8 | 56 | | ⊖ | | |
| 9 | 61 | | ∩ | | |
| 10 | 57 | | ∩ | | |
| 11 | 58 | | ° | | ⊙ |
| 12 | 71 | | ○ | | ⊙ |
| 13 | 69 | | ∩ | | |
| 14 | 48 | ↘ | ∩ | | |
| 15 | 62 | ↘ | ⊖ | | |
| 16 | 60 | | ○ | | ⊙ |
| 17 | 52 | | ○ | | |
| 18 | 42 | | ● | | |
| 19 | 40 | | └ | | |

130 m

10-2-2 OK 11-11-11 Høstenvej / Copenhagen Stensbæk 13-14 marts

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Stensbæk

Ækvidistance 2,5

1:7.500

Bane 2 svær

Stensbæk 13-14 marts

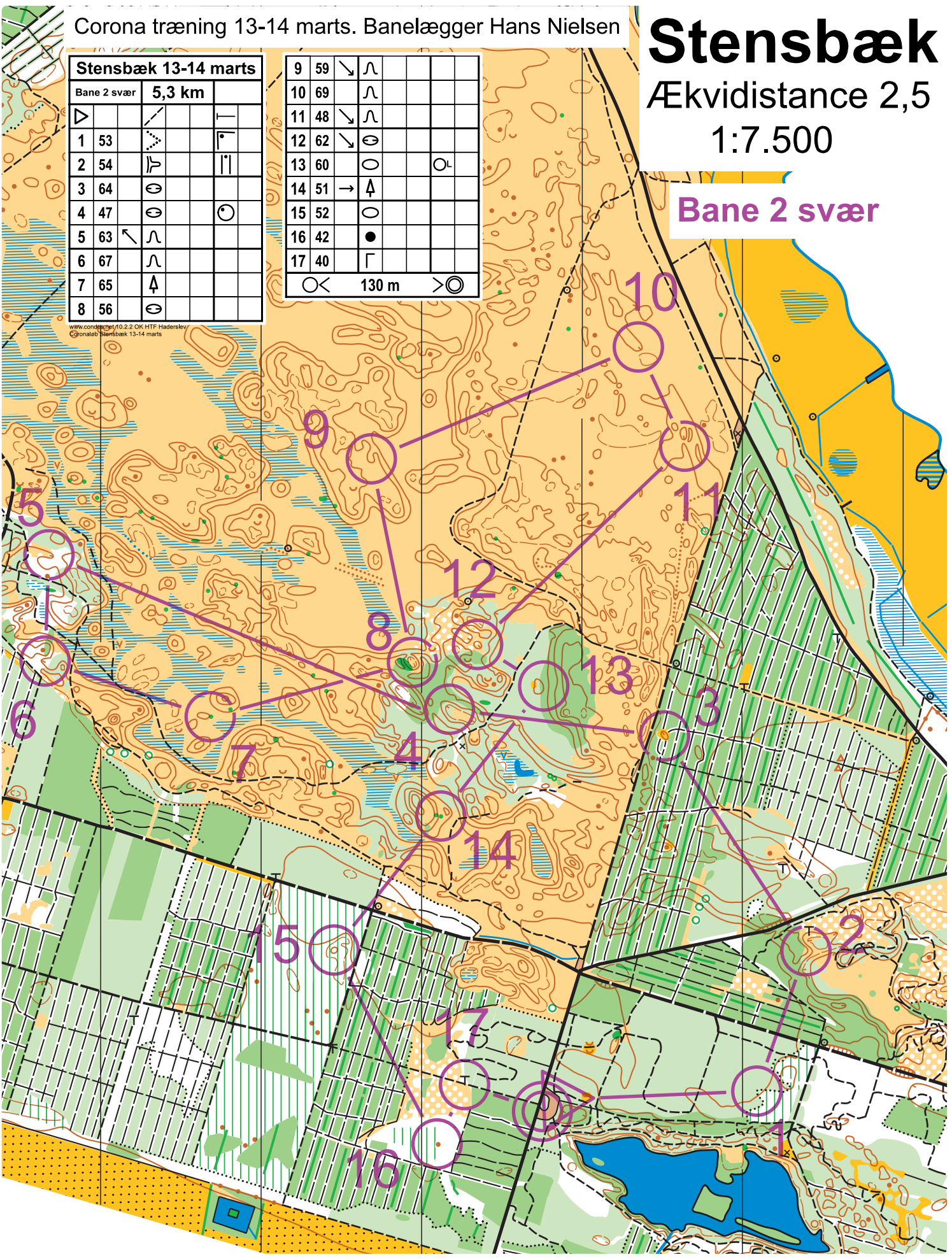
Bane 2 svær 5,3 km

| | | | | |
|---|----|---|---|---|
| ▽ | | ↘ | | ┌ |
| 1 | 53 | ↘ | | ┌ |
| 2 | 54 | ┌ | | ┌ |
| 3 | 64 | ○ | | |
| 4 | 47 | ○ | | ○ |
| 5 | 63 | ↖ | ∧ | |
| 6 | 67 | ∧ | | |
| 7 | 65 | ↑ | | |
| 8 | 56 | ○ | | |

| | | | | | |
|----|----|---|---|--|---|
| 9 | 59 | ↘ | ∧ | | |
| 10 | 69 | | ∧ | | |
| 11 | 48 | ↘ | ∧ | | |
| 12 | 62 | ↘ | ○ | | |
| 13 | 60 | | ○ | | ○ |
| 14 | 51 | → | ↑ | | |
| 15 | 52 | | ○ | | |
| 16 | 42 | | ● | | |
| 17 | 40 | | ┌ | | |

○ < 130 m > ○

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©ronaløb Stensbæk 13-14 marts



Corona træning 13-14 marts. Banelægger Hans Nielsen

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1:7.500

Bane 3 svær

Stensbæk 13-14 marts

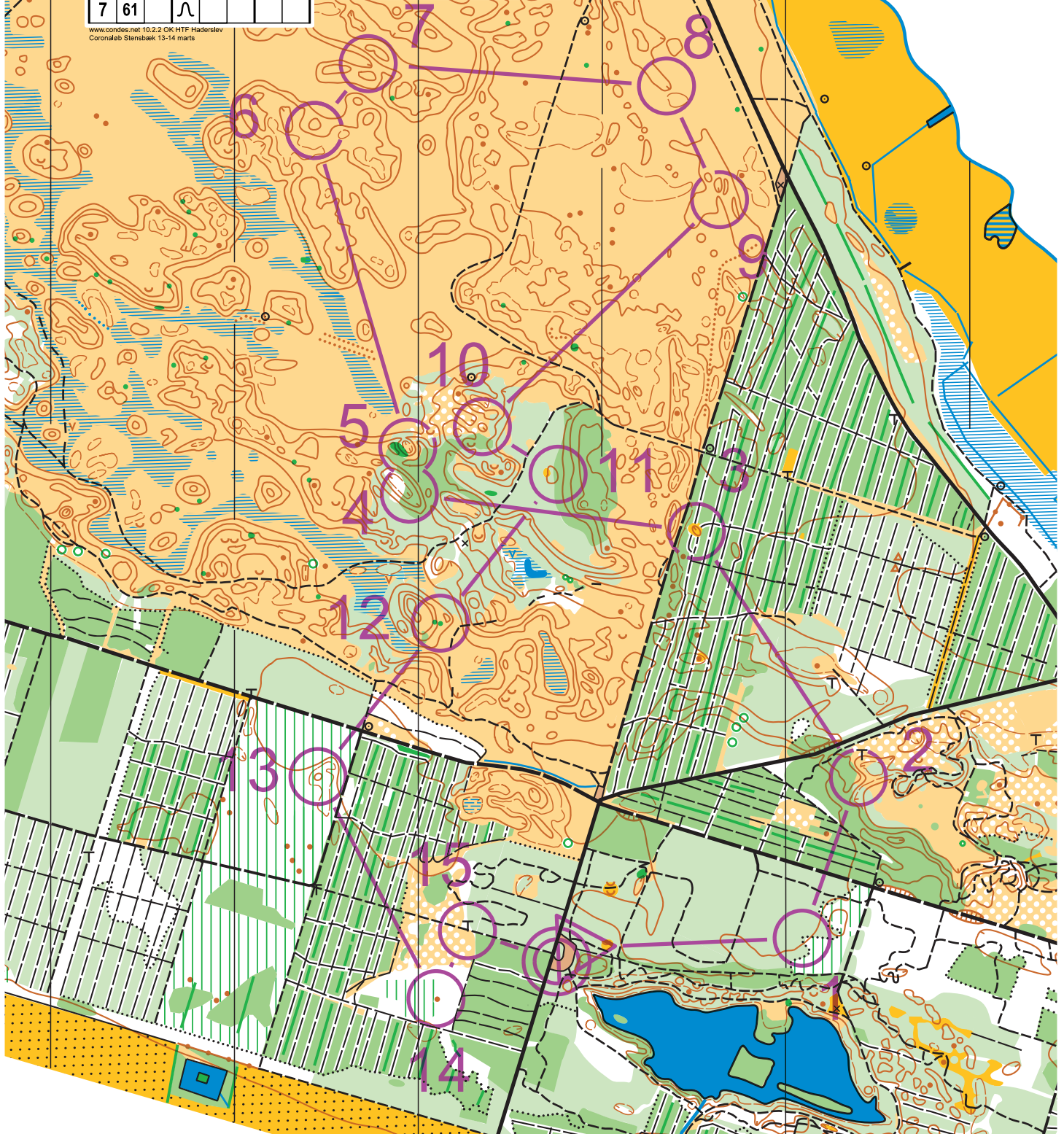
Bane 3 svær 4,2 km

| | | | |
|---|----|---|---|
| ▷ | | ↘ | ┌ |
| 1 | 53 | ↘ | ┌ |
| 2 | 54 | ┌ | ┌ |
| 3 | 64 | ⊙ | |
| 4 | 55 | ⊙ | ⊙ |
| 5 | 56 | ⊙ | |
| 6 | 71 | ⊙ | ⊙ |
| 7 | 61 | ┌ | |

| | | | |
|----|----|---|---|
| 8 | 69 | ┌ | |
| 9 | 48 | ↘ | ┌ |
| 10 | 62 | ↘ | ⊙ |
| 11 | 60 | ⊙ | ⊙ |
| 12 | 51 | → | ┌ |
| 13 | 52 | ⊙ | |
| 14 | 42 | ● | |
| 15 | 40 | ┌ | |

⊙ < 130 m > ⊙

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Coronaleb Stensbæk 13-14 marts



Corona træning 13-14 marts. Banelægger Hans Nielsen

Stensbæk

Ækvidistance 2,5

1:7.500

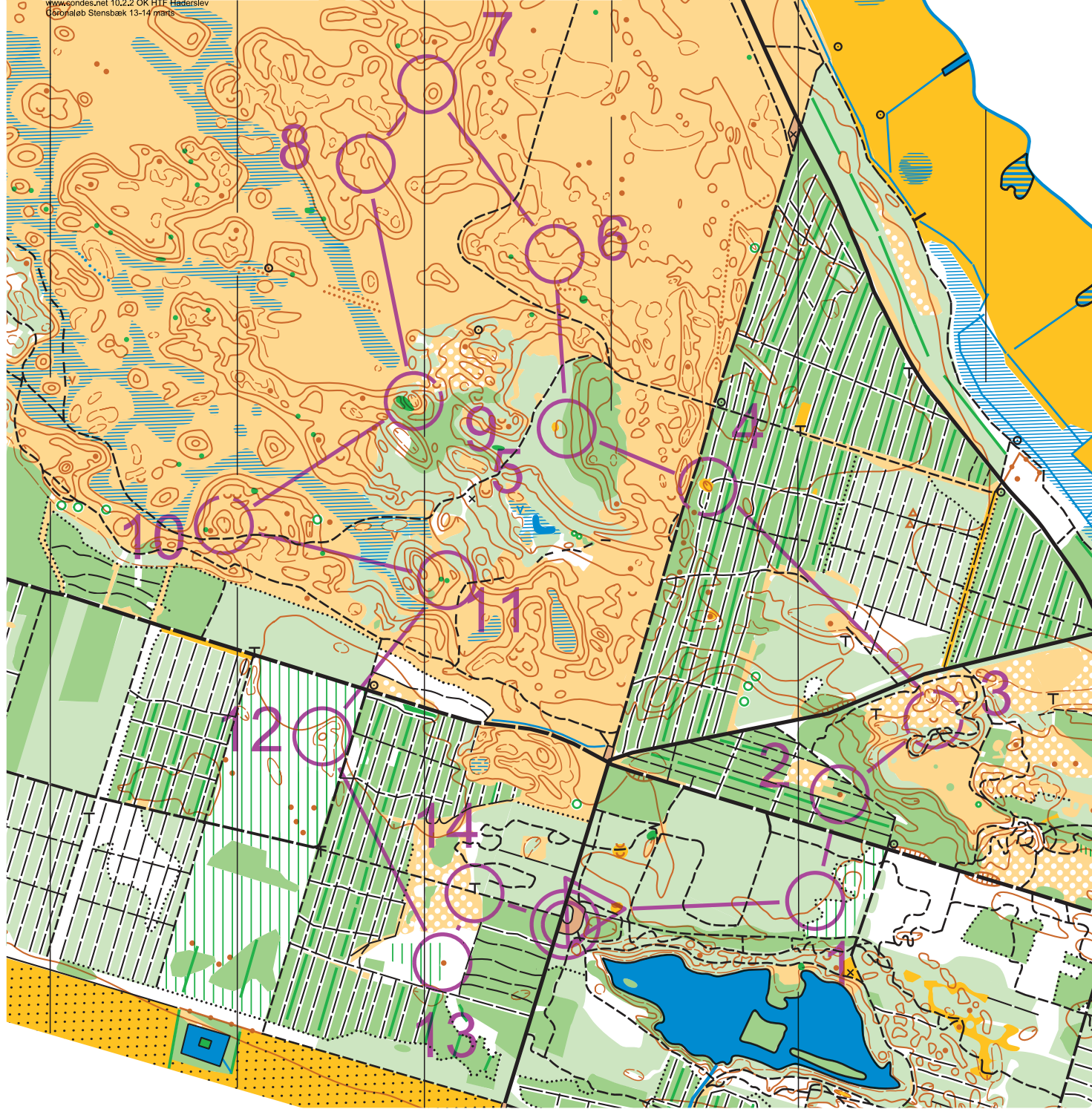
Bane 4 m-svær

| Stensbæk 13-14 marts | | | |
|----------------------|----|--------|----|
| Bane 4 m-svær | | 3,7 km | |
| ▷ | | ↘ | ┌ |
| 1 | 53 | ⋯ | ┐ |
| 2 | 44 | ● | |
| 3 | 45 | ∪ | |
| 4 | 64 | ⊖ | |
| 5 | 60 | ○ | ○L |
| 6 | 41 | ⊖ | ⊙ |

| | | | | |
|----|----|---|---|---|
| 7 | 49 | ○ | | ○ |
| 8 | 59 | ↘ | ∩ | |
| 9 | 56 | ⊖ | | |
| 10 | 50 | ⊖ | | |
| 11 | 51 | → | ∧ | |
| 12 | 52 | ○ | | |
| 13 | 42 | ● | | |
| 14 | 40 | ┌ | | |

○ < 130 m > ⊙

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Corona løb Stensbæk 13-14 marts



Corona træning 13-14 marts. Banelægger Hans Nielsen

Stensbæk

Ækvidistance 2,5

1:7.500

Bane 5 let

| Stensbæk 13-14 marts | | | |
|----------------------|----|--------|---|
| Bane 5 let | | 3,3 km | |
| ▷ | | ↘ | ┌ |
| 1 | 31 | ↘ | ↘ |
| 2 | 32 | ▲ | |
| 3 | 43 | | < |
| 4 | 33 | ↗ | ┌ |
| 5 | 34 | ↘ | ↘ |
| 6 | 35 | ⊙ | ⊙ |

| | | | | |
|----|----|---|---|---|
| 7 | 64 | ⊙ | | |
| 8 | 36 | ○ | | ○ |
| 9 | 46 | ∩ | | |
| 10 | 37 | ↘ | | ┌ |
| 11 | 38 | ⊗ | | ○ |
| 12 | 39 | ↗ | | ┌ |
| 13 | 70 | ↘ | < | |
| 14 | 40 | ┌ | | |

○ < 130 m > ⊙

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