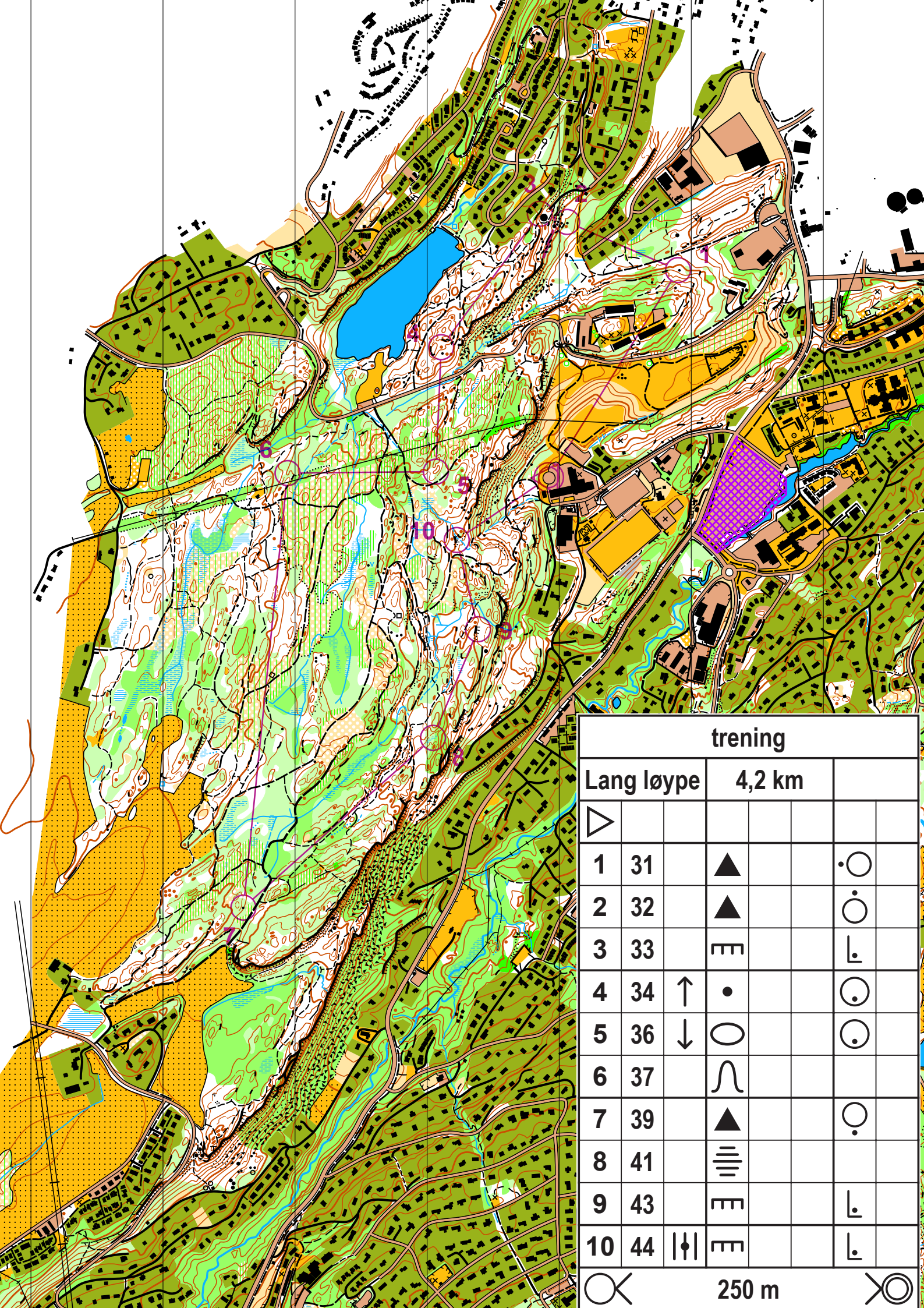
trening
Lang løype
4,2 km
1 31
2 32
3 33
4 34
5 36
6 37
7 39
8 41
9 43
10 44
250 m