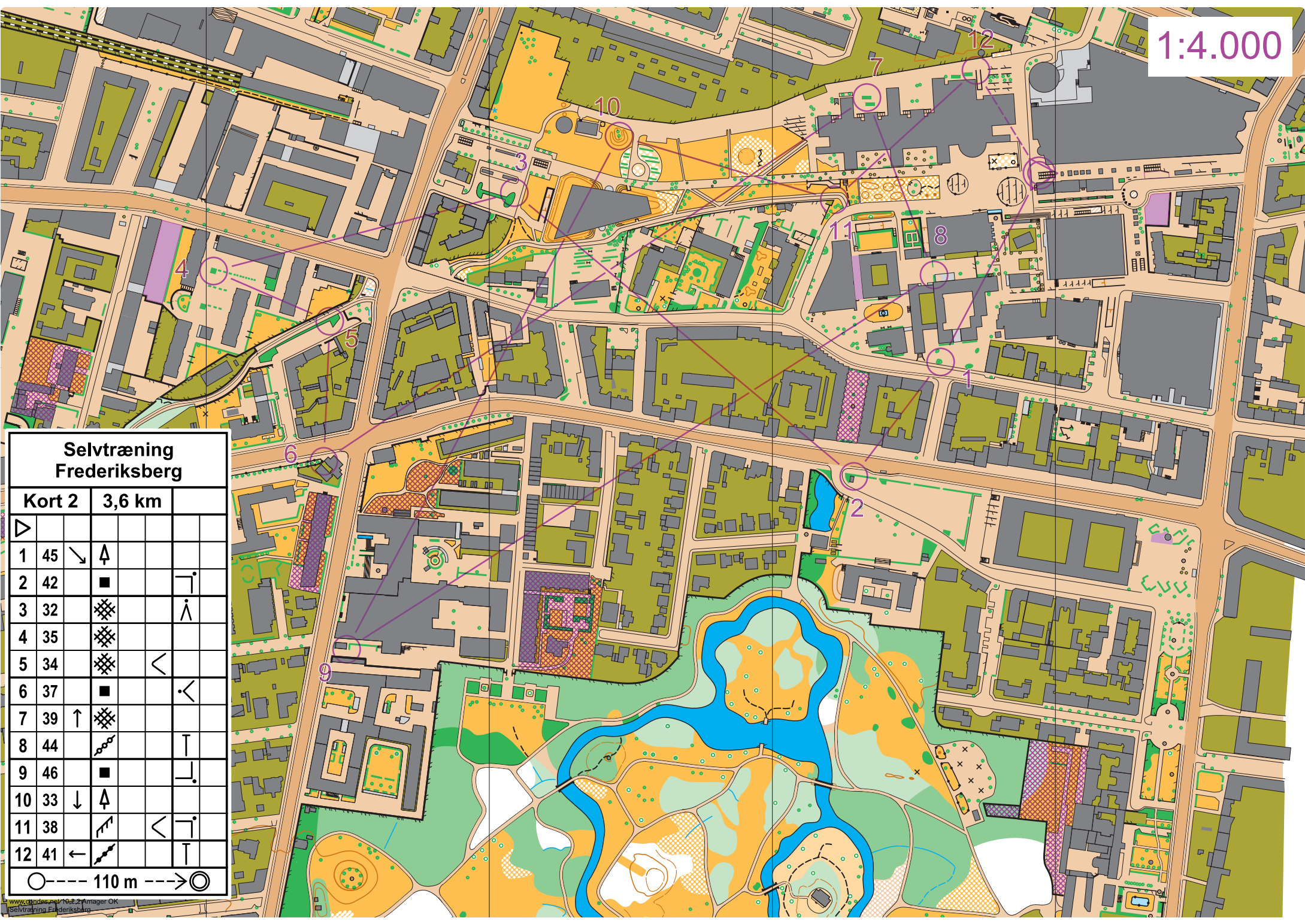


1:4.000



**Selvtræning
Frederiksberg**

Kort 2	3,6 km			
1 45	↘	↑		
2 42	■		┌	
3 32	▨		┆	
4 35	▨			
5 34	▨		<	
6 37	■		<	
7 39	↑	▨		
8 44	↗		┌	
9 46	■		┌	
10 33	↓	↑		
11 38	↗		<	┌
12 41	←	↗		┌

○ --- 110 m ---> ⊙