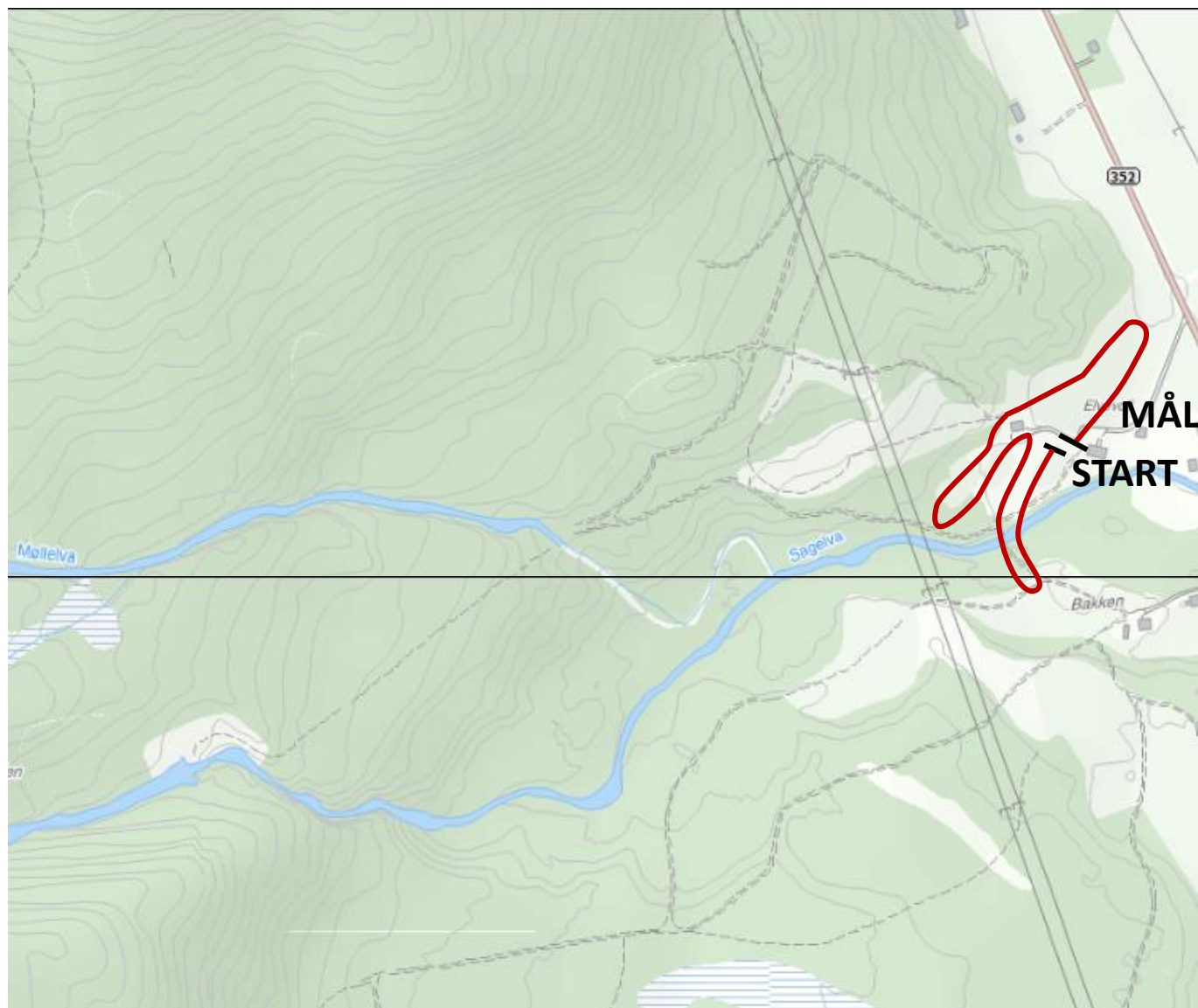
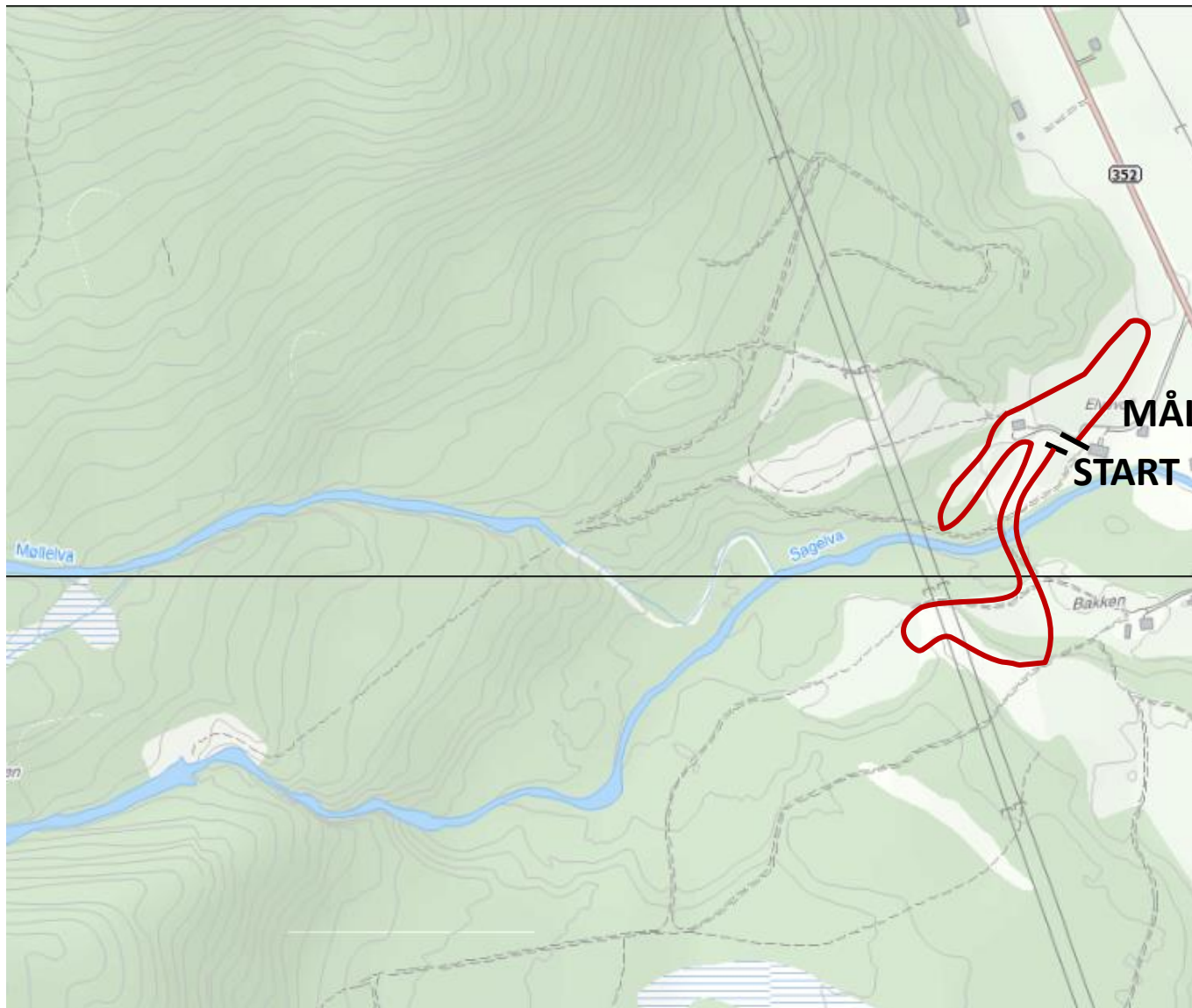


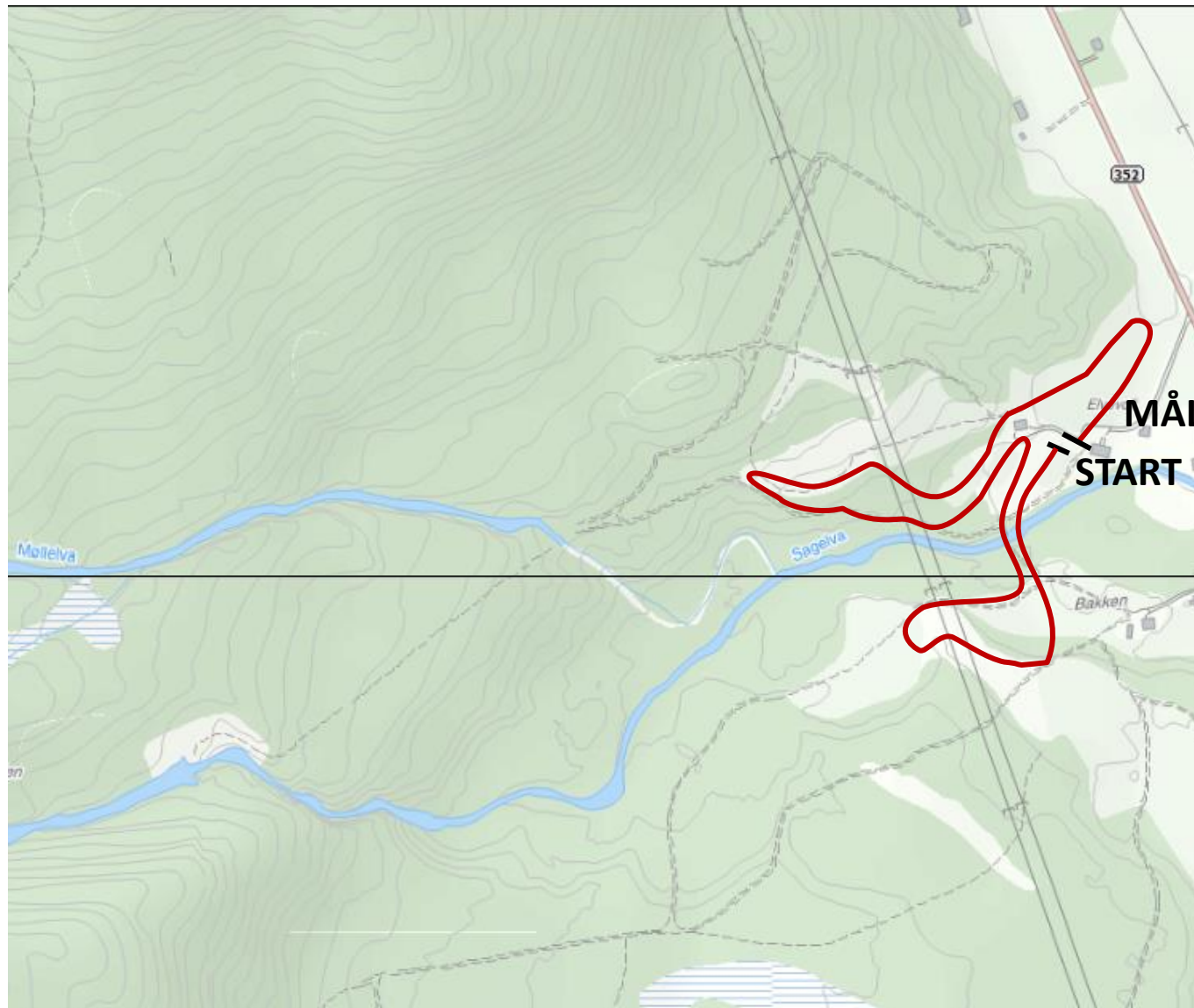
# KM - Sprint 11-12 år



# KM – Sprint 13-16 år



# KM - Sprint jun / sen



KM - 3,0 km

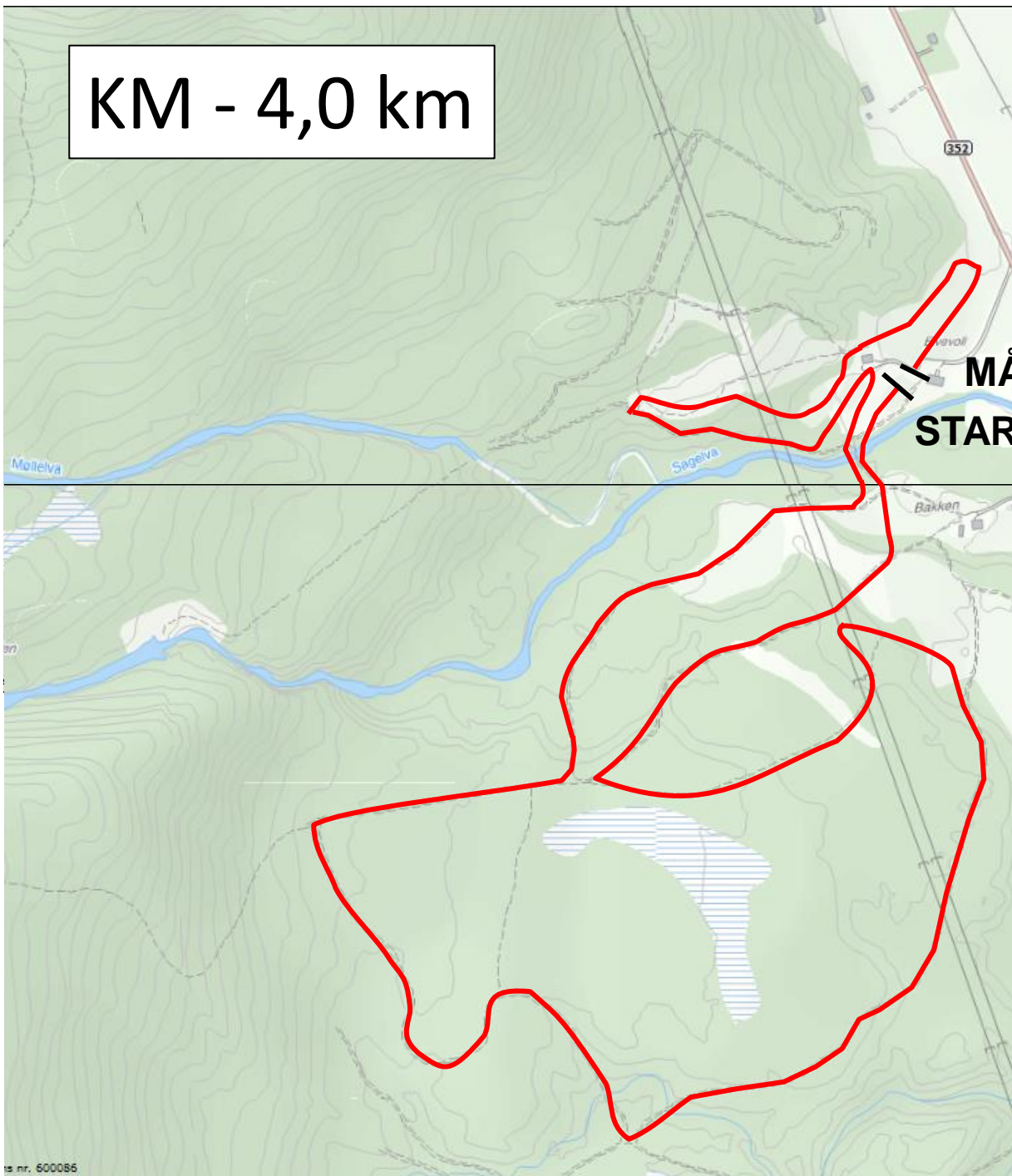


MÅL  
START



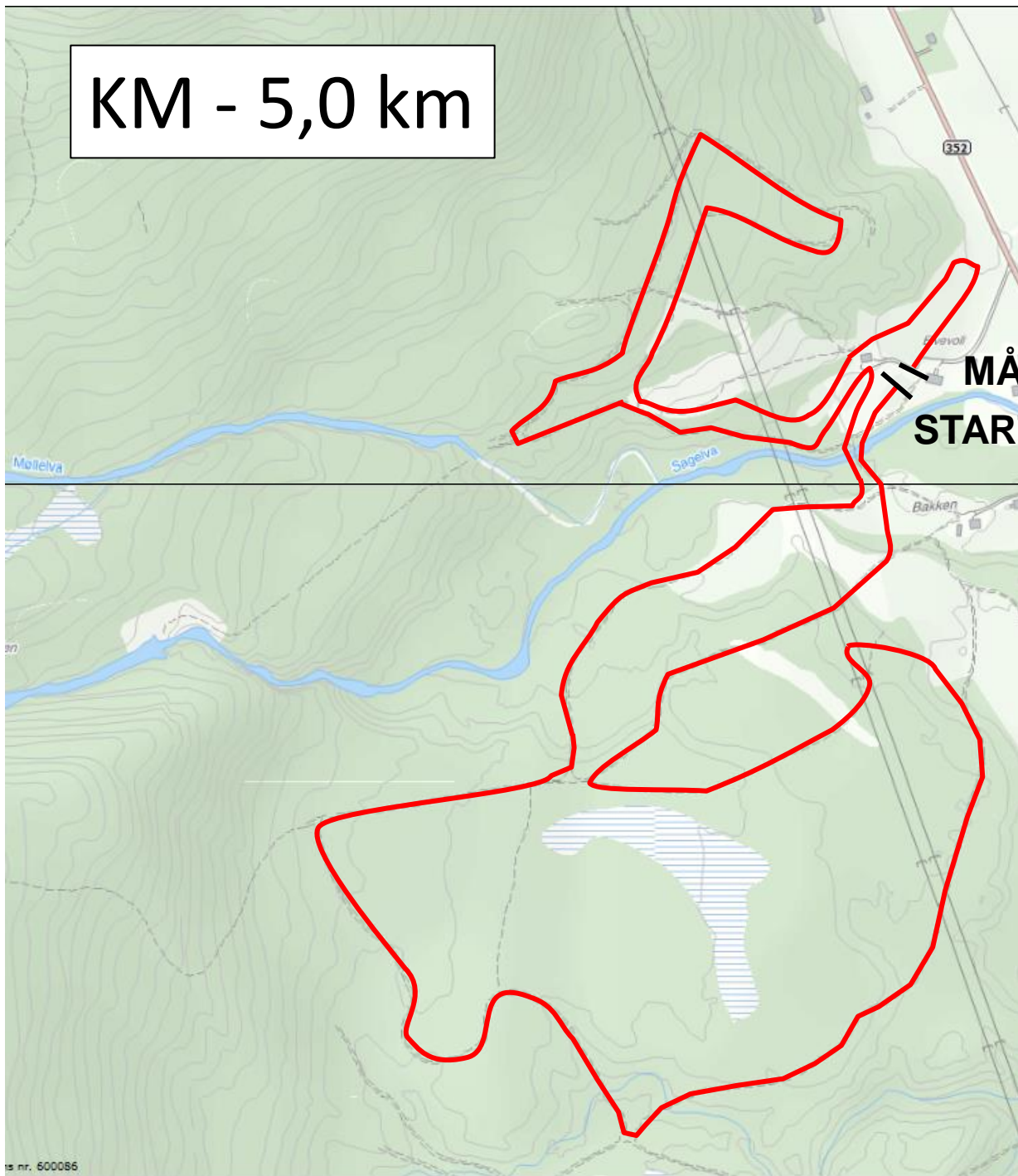
KM - 4,0 km

MÅL  
START

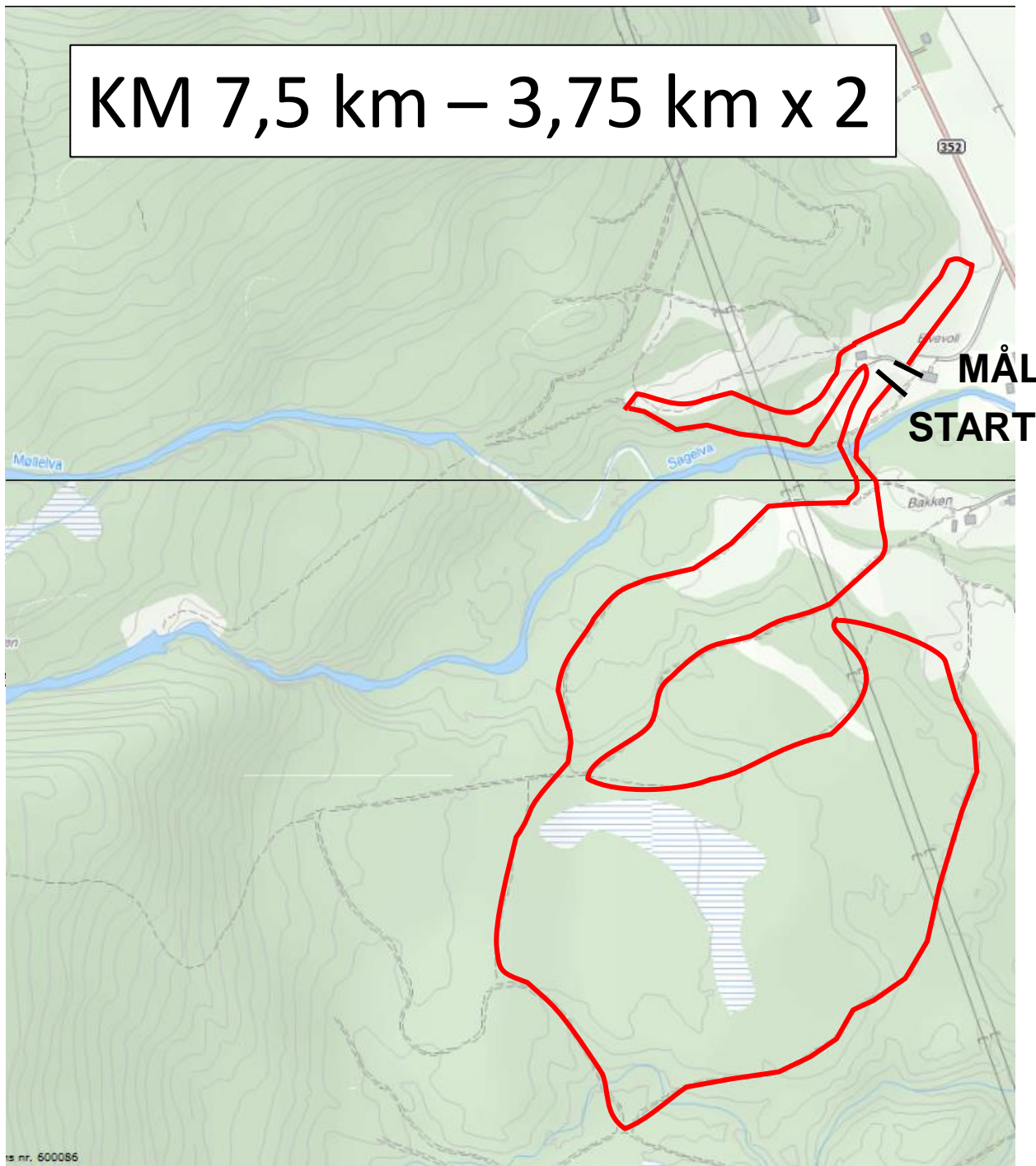


KM - 5,0 km

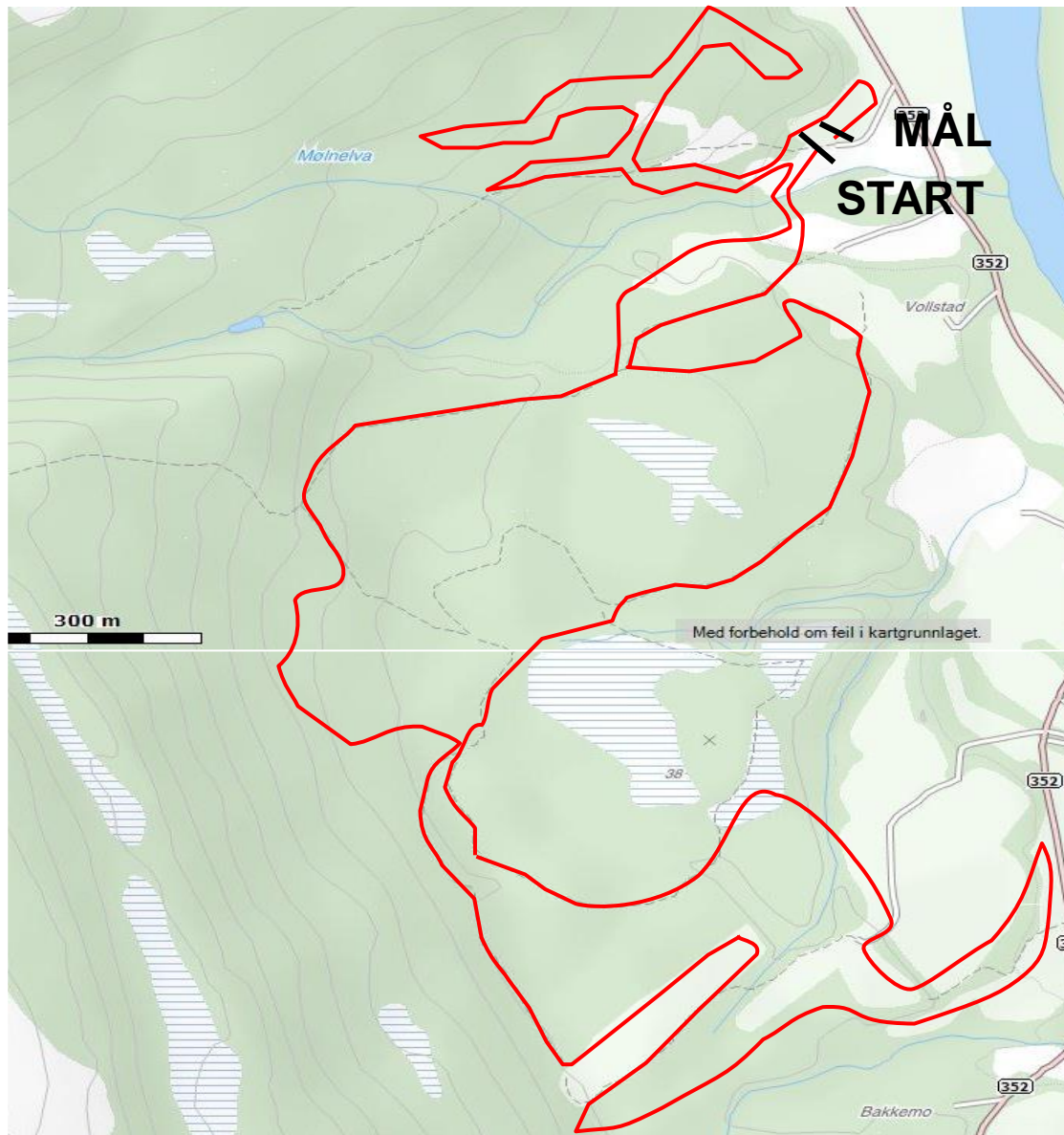
15 km: 10 + 5 km



KM 7,5 km – 3,75 km x 2



KM - 10,0 km



20 km: 2 x 10 km  
10 km: 10 km

15 km: 10 + 5 km