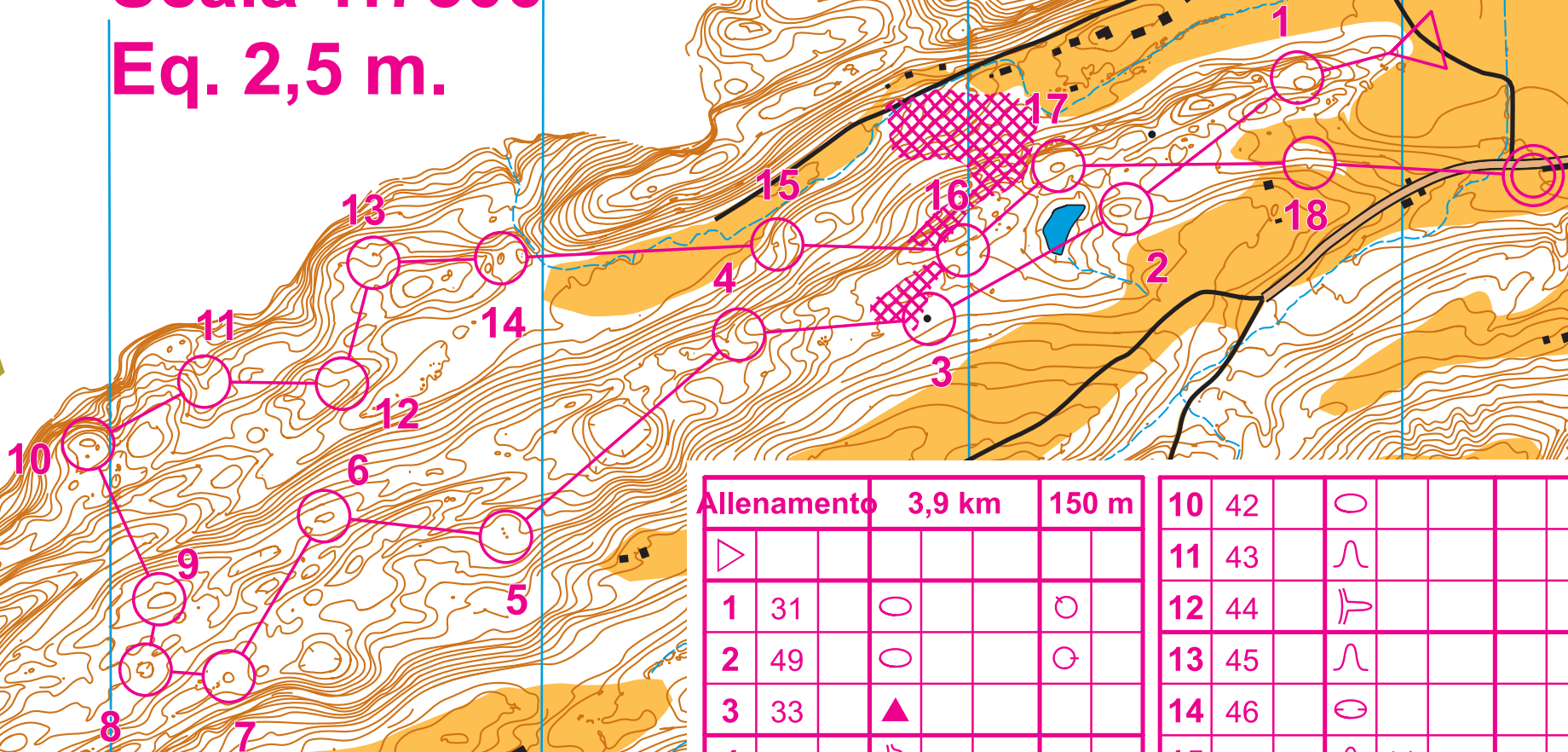


Scala 1:7500
Eq. 2,5 m.



| Allenamento | | 3,9 km | 150 m |
|-------------|----|--------|-------|
| ▶ | | | |
| 1 | 31 | ○ | ○ |
| 2 | 49 | ○ | ○ |
| 3 | 33 | ▲ | |
| 4 | 34 | ▷ | |
| 5 | 35 | ⋯ | |
| 6 | 36 | ○ | |
| 7 | 37 | ○ | |
| 8 | 38 | ⊖ | |
| 9 | 41 | ○ | |

| | | | | | |
|----|----|---|---|--|--|
| 10 | 42 | ○ | | | |
| 11 | 43 | ∩ | | | |
| 12 | 44 | ▷ | | | |
| 13 | 45 | ∩ | | | |
| 14 | 46 | ⊖ | | | |
| 15 | 47 | ∩ | ∪ | | |
| 16 | 48 | ○ | | | |
| 17 | 32 | ○ | | | |
| 18 | 50 | ∩ | ∪ | | |

○ 260 m ○