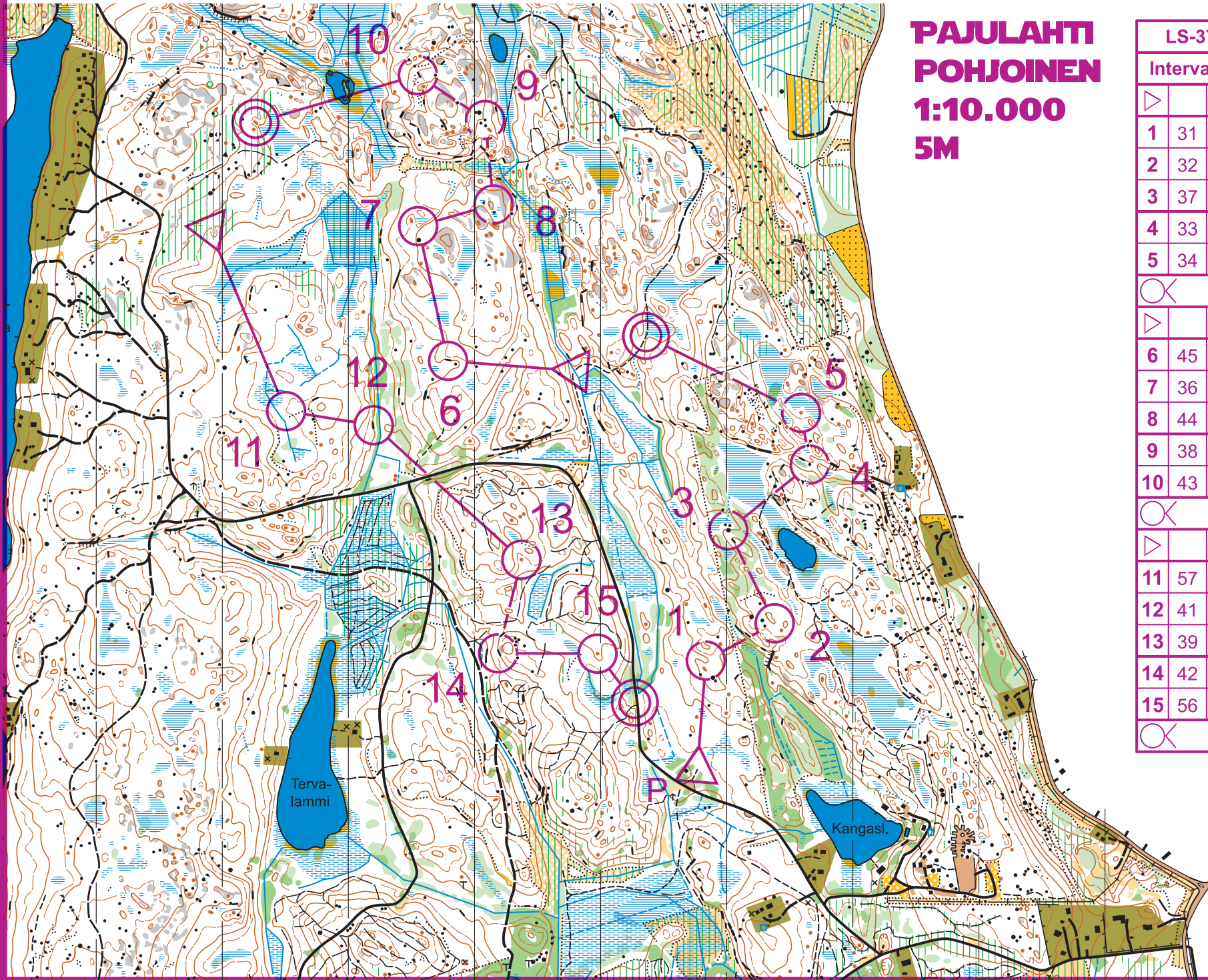


PAJULAHTI POHJOINEN 1:10.000 5M



LS-37 Training Package									
Intervals		4,4 km							
▷			/					↗	
1	31		∩						
2	32		○					○	
3	37		▲					•○	
4	33		▲					○	
5	34		•						
		340 m							
▷			/	~	×				
6	45		≡					└	
7	36		∩	—					
8	44		○					○	
9	38	↗	▲					○	
10	43		≡					└	
		340 m							
▷		←	∩	—					
11	57		└						
12	41		≡					└	
13	39		•						
14	42		≡					└	
15	56		•						
		120 m							