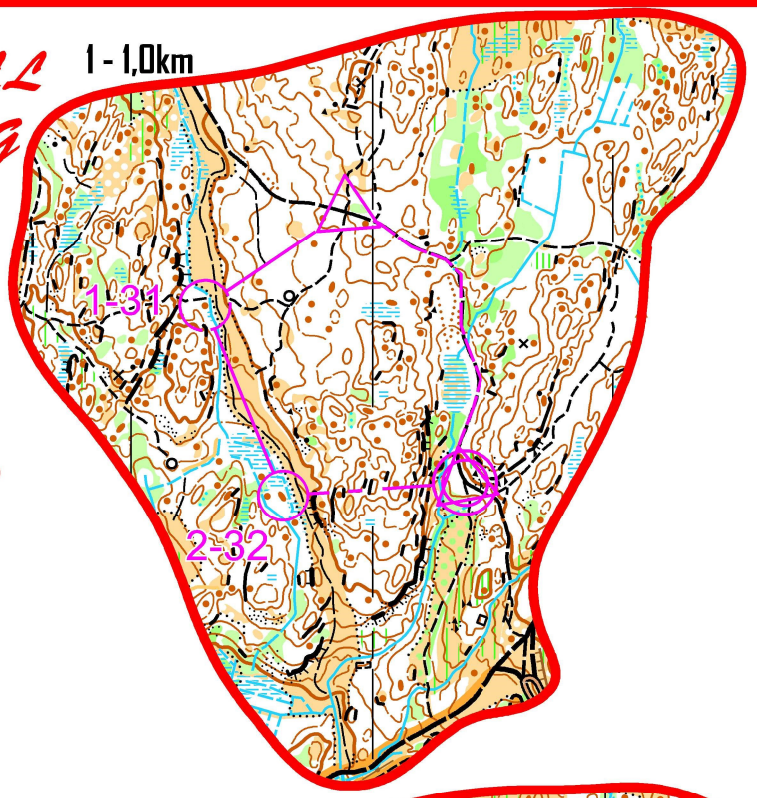
STI INTERVALL ORIENTERING

Løp så fort du kan langs stien.
Prøv sen å holde oppe tempoen,
men fokus på å orienteringen
til mål. Hvil 2min før
du startet neste intervall
Lykke til!!

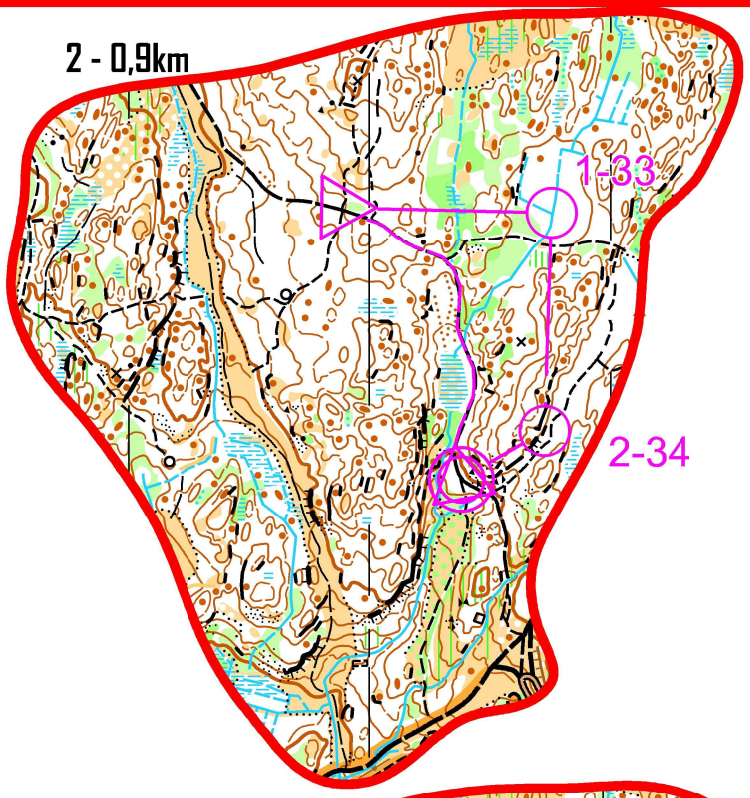
MOSSEMARKA

1:7500, EKV 5M

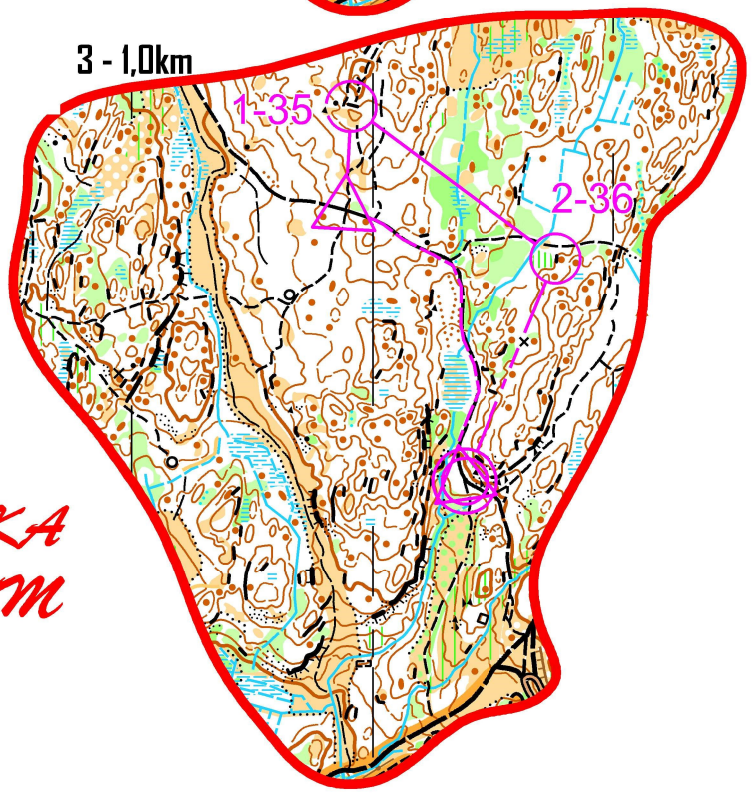
1 - 1,0km



2 - 0,9km



3 - 1,0km



4 - 1,0km

OKMOSS 1964