

| Tränings-OL 210408-210415 | | | | |
|---------------------------|-------|--------|---|---|
| Orange bana | | 3,5 km | | |
| ▷ | | | | |
| 1 | 31 | ⊖ | | |
| 2 | 45 | ⊖ | | ○ |
| 3 | 34 | ⊖ | | ⊙ |
| 4 | 47 | ◇ | | └ |
| 5 | 48 | └ | | ○ |
| 6 | 43 | ○ | | └ |
| 7 | 42 | ○ | ○ | └ |
| 8 | 39 | ≡ | | └ |
| 9 | 37 | ≡ | | └ |
| 10 | 44 | ← | ● | ○ |
| ⊗ | 160 m | | ⊗ | |

