

# Mørk langdistanse



**Målestokk 1:15 000**  
**Ekvidistanse 5m**  
**Utgitt 2019**

Grunnlag: Laserkurver og Roar Forbord  
 Synfaring: Kristen Treekrem 2017-19  
 Rentegning: Kristen Treekrem  
 Trykk: OK-Trykk



WOC 2019 Long distance				
Men	16,6 km	530 m		
--- 320 m --->△				
1	151	○	○	○
2	152	▲	1,0	○
3	153	○		○
4	154	▲	1,3	○
5	155	▽		○
6	156	●		○
7	157	○		○
8	158	○		≡
9	159	↖	∩	
10	160	▲	2,4	○
11	161	↖	∩	○
12	162	○		○
13	163	↓	●	○
14	164		●	○
15	165	∪		
16	166	●		○
17	167	▽		○
18	168	↑	◇	○
19	100	○		○
○ --- 310 m --->				
20	169	∩		⊥
21	170	●		○
22	171	●		○
23	172	●		○
24	173	∩		⊥
25	168	↑	◇	○
26	100	○		○
○ --- 170 m --->○				



Course planners:  
 Unni and Tom A. Karlsen