

2021 Training Lichtenberg									
Lang		5,9 km							
▷									
1	31		▲						
2	32		▨	▩	×				
3	33		▲						
4	34		☾						
5	35		▩				↘		
6	36		●						
7	37		↗						
8	38		▲						
9	39		↗		<				
10	40		▲						
11	41		∇						
12	42		≡						
13	43		∇						
14	44		▲						
15	45		↗						
16	46		↗						
17	47		⊙						
18	48		⊕						
○----- 175 m ----->△									
▷									
○----- ----->⊙									

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2	32		▨	▩	×				
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4	34		☾						
5	35		▩				↘		
6	36		●						
7	37		↗						
8	38		▲						
9	39		↗		<				
10	40		▲						
11	41		∇						
12	42		≡						
13	43		∇						
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