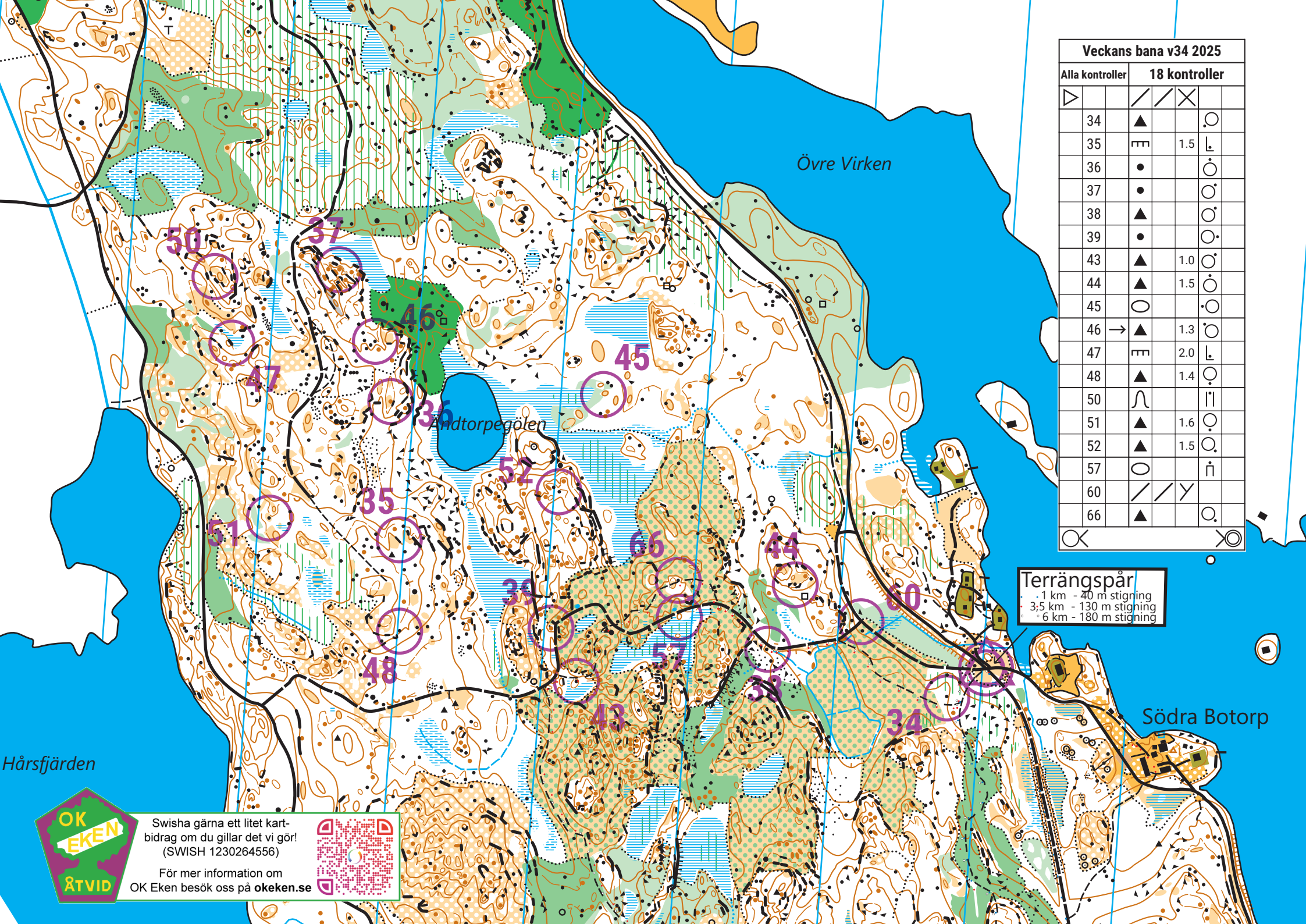




| Veckans bana v34 2025 |    |               |     |   |   |  |  |  |  |
|-----------------------|----|---------------|-----|---|---|--|--|--|--|
| Alla kontroller       |    | 18 kontroller |     |   |   |  |  |  |  |
| ▷                     |    | ↗             | ↘   | ✕ |   |  |  |  |  |
| 34                    | ▲  |               |     |   | ○ |  |  |  |  |
| 35                    | ▬  |               | 1.5 |   | └ |  |  |  |  |
| 36                    | ●  |               |     |   | ○ |  |  |  |  |
| 37                    | ●  |               |     |   | ○ |  |  |  |  |
| 38                    | ▲  |               |     |   | ○ |  |  |  |  |
| 39                    | ●  |               |     |   | ○ |  |  |  |  |
| 43                    | ▲  |               | 1.0 |   | ○ |  |  |  |  |
| 44                    | ▲  |               | 1.5 |   | ○ |  |  |  |  |
| 45                    | ○  |               |     |   | ○ |  |  |  |  |
| 46                    | →▲ |               | 1.3 |   | ○ |  |  |  |  |
| 47                    | ▬  |               | 2.0 |   | └ |  |  |  |  |
| 48                    | ▲  |               | 1.4 |   | ○ |  |  |  |  |
| 50                    | ∩  |               |     |   |   |  |  |  |  |
| 51                    | ▲  |               | 1.6 |   | ○ |  |  |  |  |
| 52                    | ▲  |               | 1.5 |   | ○ |  |  |  |  |
| 57                    | ○  |               |     |   | ∩ |  |  |  |  |
| 60                    | ↗  | ↘             | Y   |   |   |  |  |  |  |
| 66                    | ▲  |               |     |   | ○ |  |  |  |  |

**Terrängspår**  
1 km - 40 m stigning  
3,5 km - 130 m stigning  
6 km - 180 m stigning

Hårsfjärden

Södra Botorp



Swisha gärna ett litet kartbidrag om du gillar det vi gör!  
(SWISH 1230264556)



För mer information om  
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