



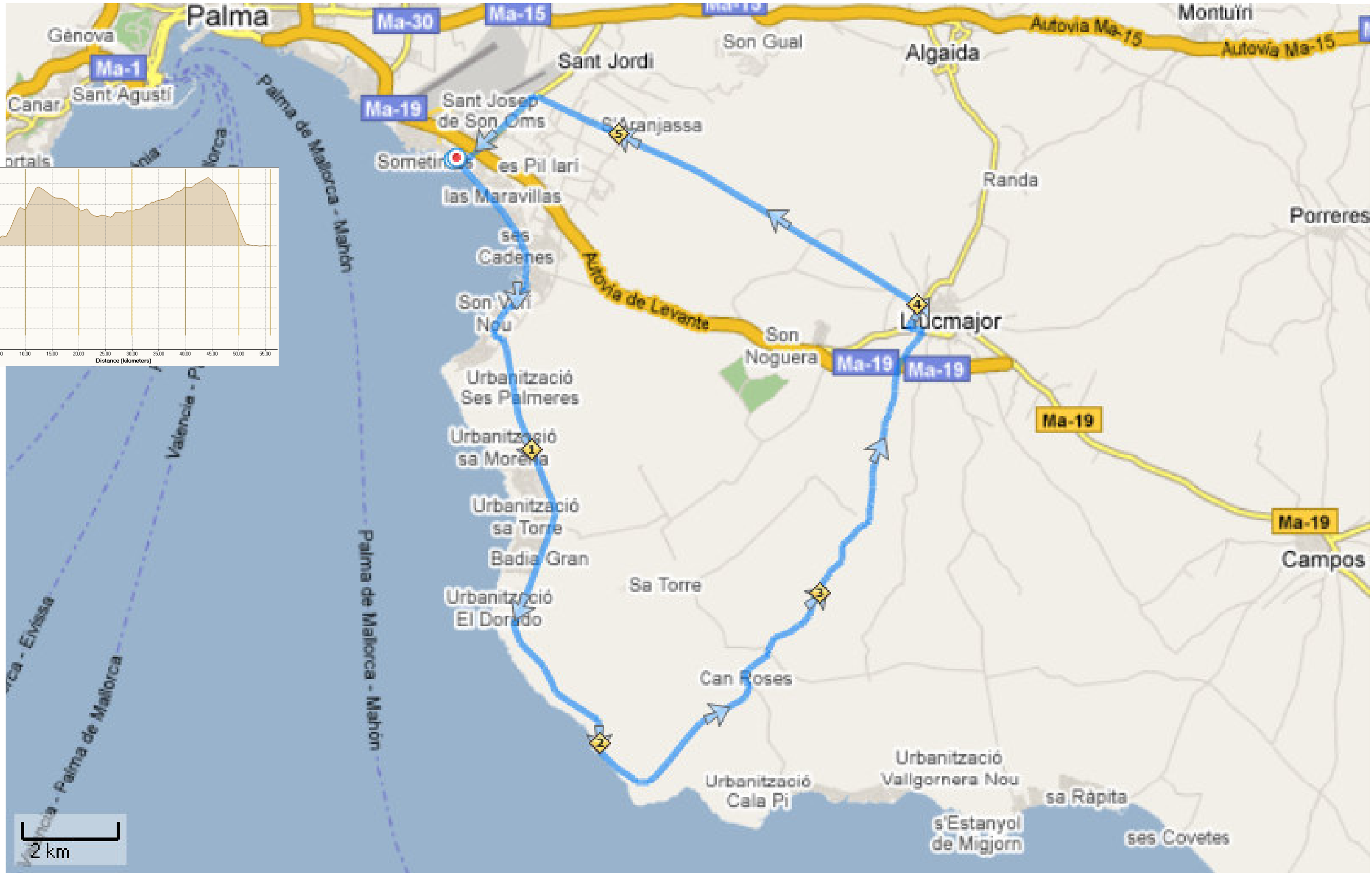
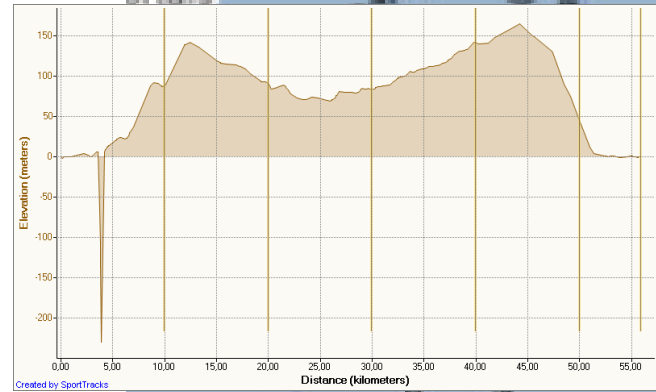
## Ruteforslag for treningsleir på Mallorca

*Vedlagt noen forslag til ruter. Det finnes mange varianter på ruter som ikke er vist. Det er også vedlagt høydeprofilen på rutene slik at man har en formening om hvordan terrenget ser ut.*

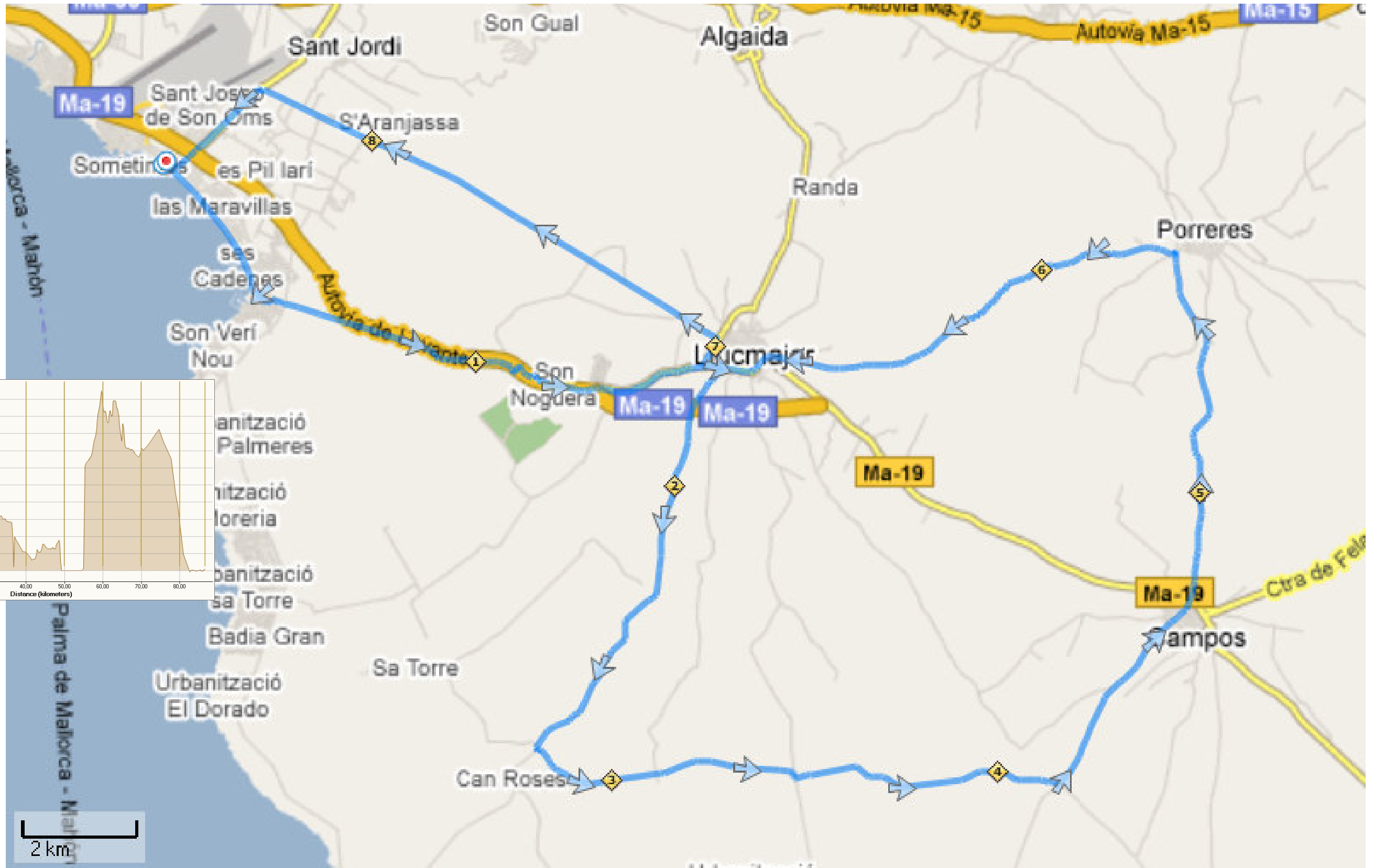
*Mvh*

*Bjørn Saksberg*

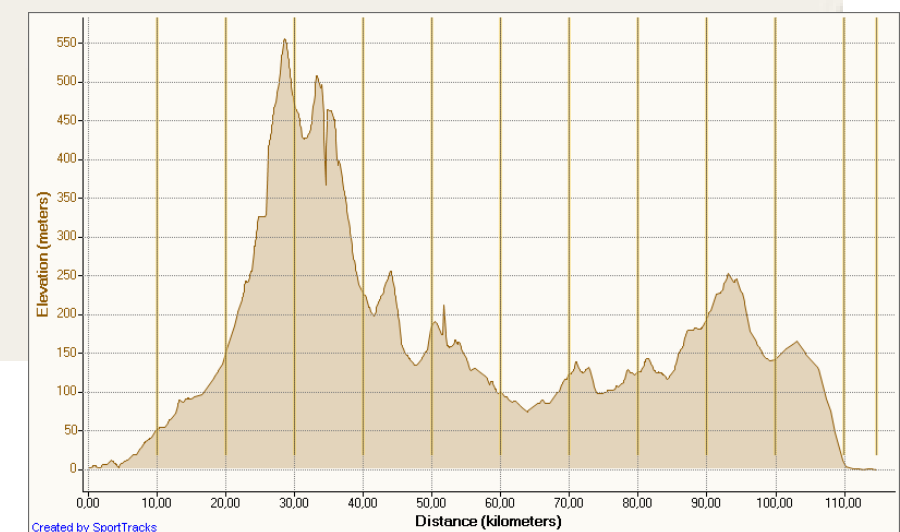
56km flatt



86km flatt

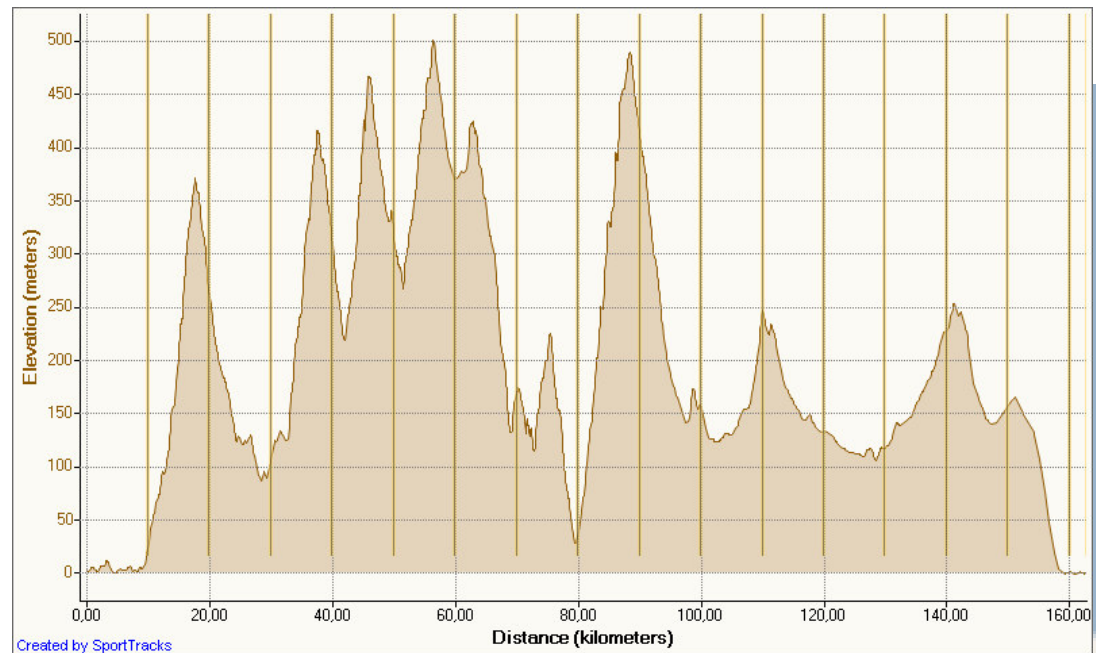


115km





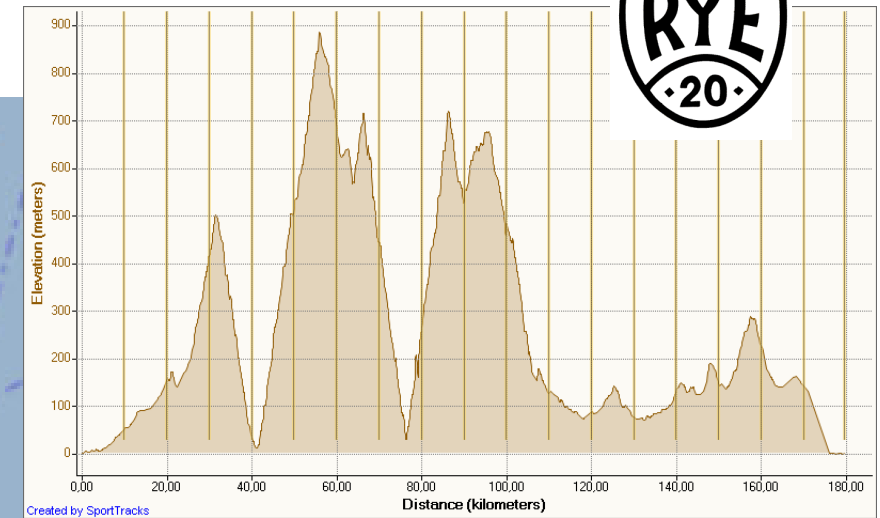
163km kuppert



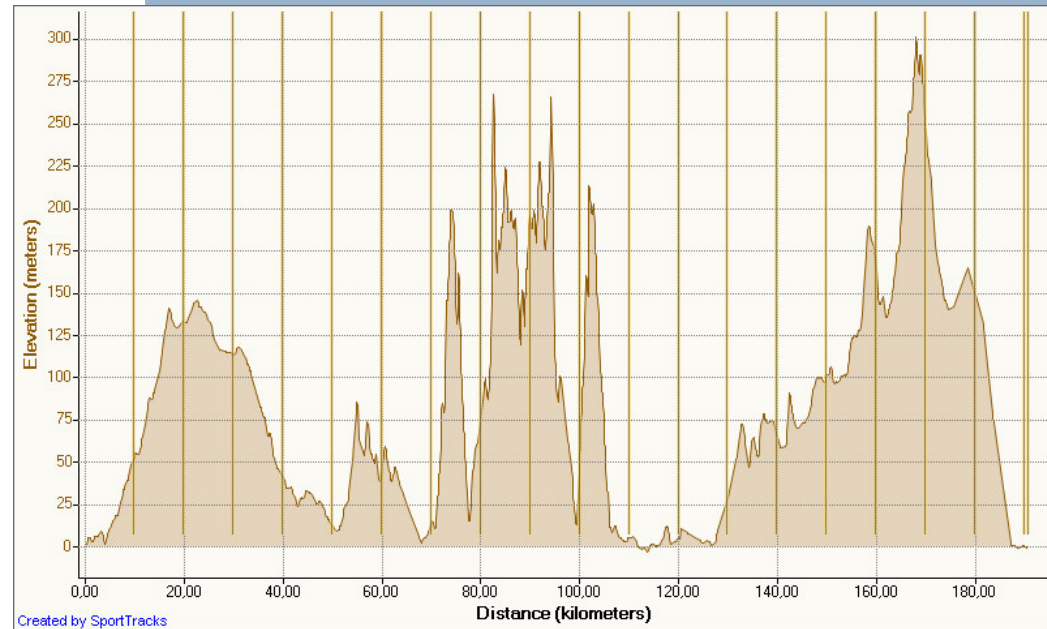
Created by SportTracks



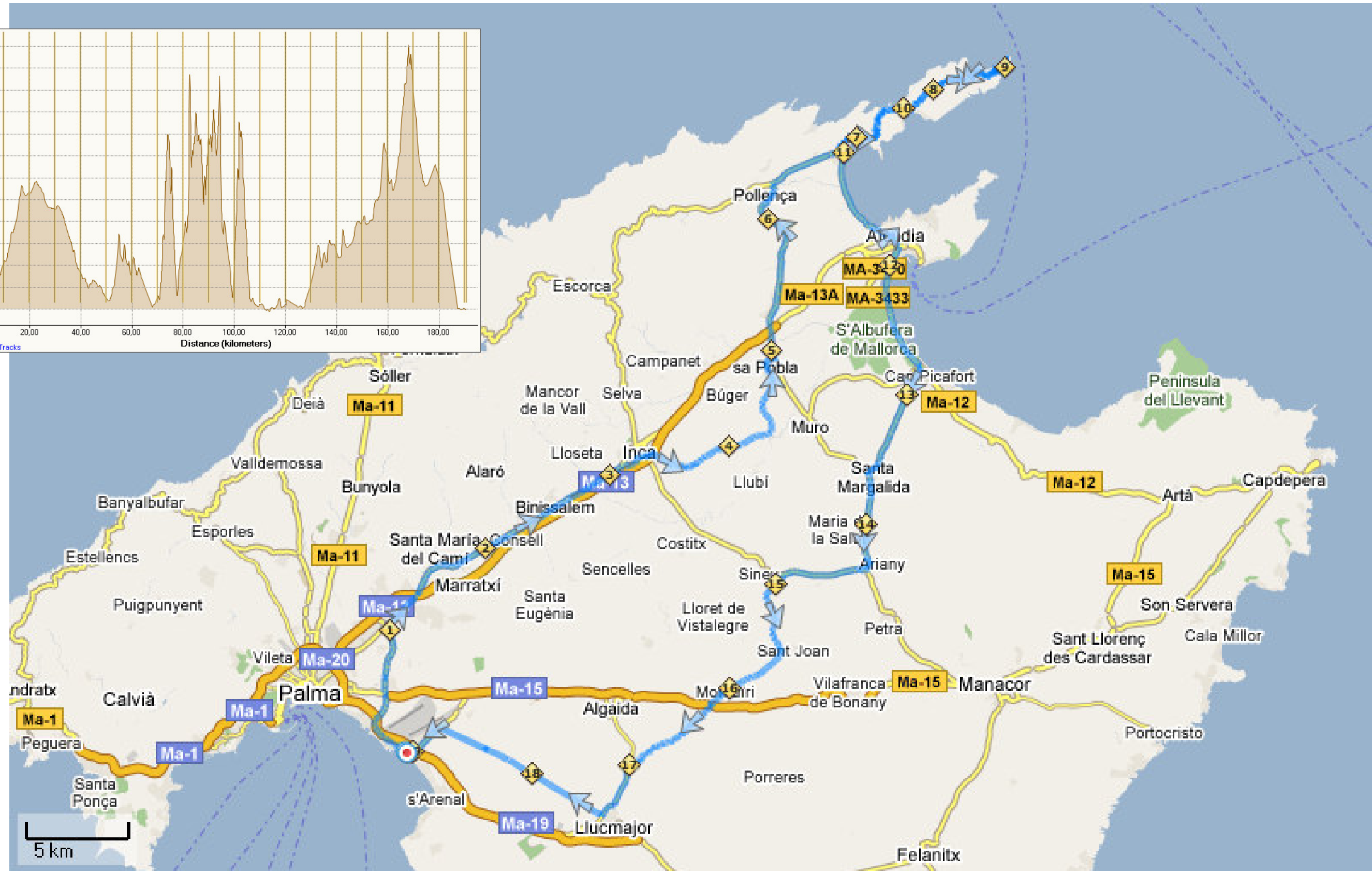
# 180km bakker



# 190km flatt



Created by SportTracks



195km flatt

