




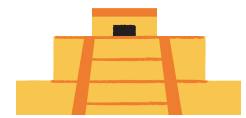







# Notér, antal gange du rejser dig per runde



|          | 1. runde<br>(25 sek.) |  | 2. runde<br>(30 sek.) |  | 3. runde<br>(35 sek.) |  | 4. runde<br>(30 sek.) |  | 5. runde<br>(25 sek.) |  |  |  |
|----------|-----------------------|-----------------------------------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|--|--|
| .....dag |                       | Pause 35 sek.                                                                     |                       | Pause 30 sek.                                                                     |                       | Pause 25 sek.                                                                       |                       | Pause 30 sek.                                                                       |                       | Pause 35 sek.                                                                       |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |

# Notér, antal gange du rejser dig per runde



|          | 1. runde<br>(25 sek.) |  | 2. runde<br>(30 sek.) |  | 3. runde<br>(35 sek.) |  | 4. runde<br>(30 sek.) |  | 5. runde<br>(25 sek.) |  |  |  |
|----------|-----------------------|-----------------------------------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|--|--|
| .....dag |                       | Pause 35 sek.                                                                     |                       | Pause 30 sek.                                                                     |                       | Pause 25 sek.                                                                       |                       | Pause 30 sek.                                                                       |                       | Pause 35 sek.                                                                       |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |
| .....dag |                       |                                                                                   |                       |                                                                                   |                       |                                                                                     |                       |                                                                                     |                       |                                                                                     |  |  |