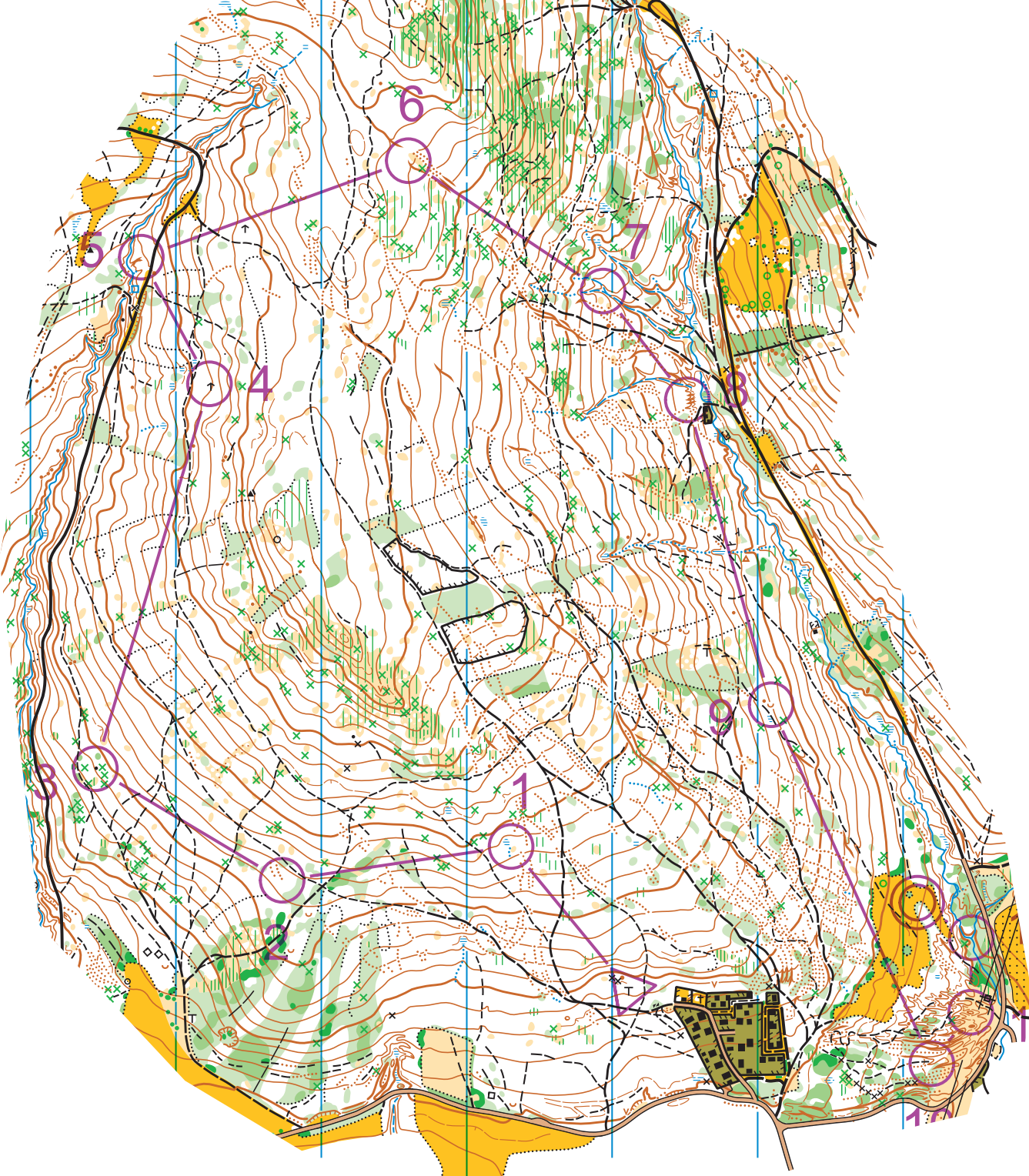


t1

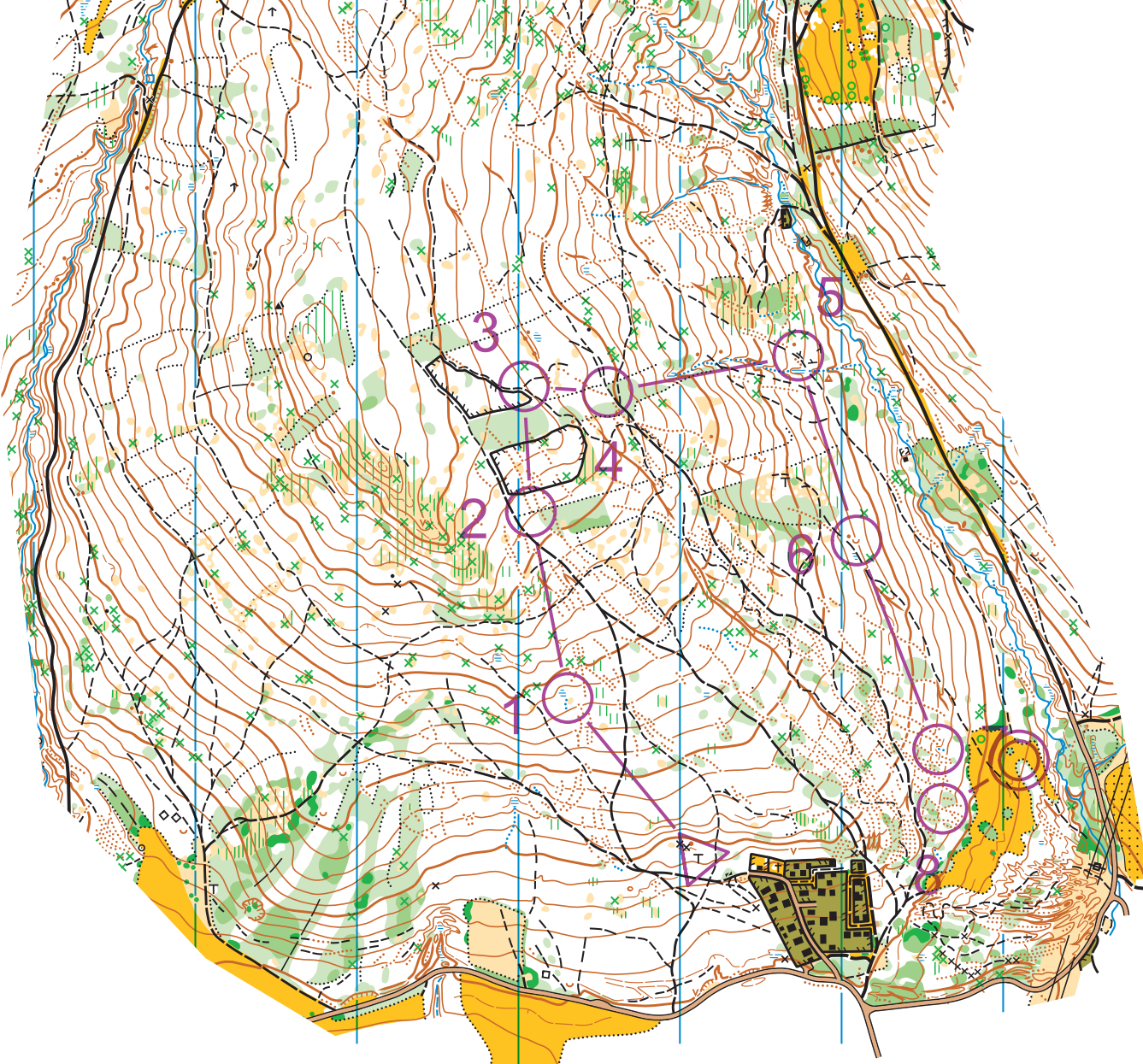
trening_girbes				
t1		6,8 km		
▷		┌		○
1	31	⚡		┆
2	32	▲		
3	42	▲		
4	43	→	⋯	↘
5	32	▲		
6	33	≡		
7	34	∧		↙
8	35	∧	∟	
9	46	↑		
10	36	+++		
11	37		∧	┆
12	44	⋈	∟	
13	45	●		
14	37		∧	┆
15	47	∪		
16	38	⚡		
17	39	↓	∩	
18	40	↑	○	ı
19	41	⋈	∟	
○		110 m		⊗



t2

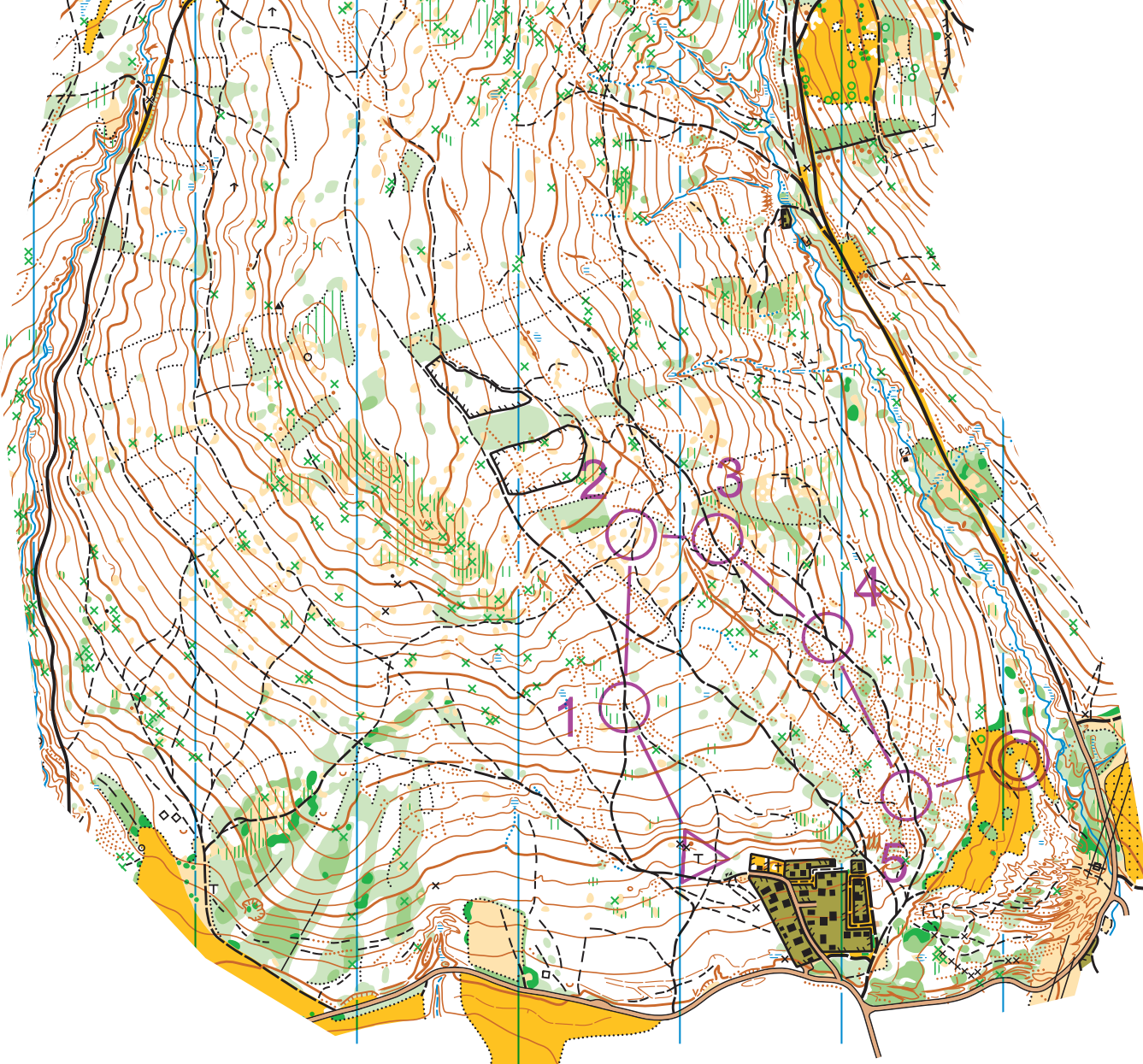
trening_girbes				
t2		4,7 km		
▷		┌		○
1	31	└		┆
2	43	→	⋯	↘
3	42	▲		
4	46	↑		
5	35	∧	∨	
6	34	∧		└
7	44	⋈	∨	
8	37	┆	∧	┆
9	47		∪	
10	39	↓	∩	
11	40	↑	○	ı
12	41	⋈	∨	
○	110 m			⊗

t3



trening_girbes				
t3		2,1 km		
▷		└		○
1	31	5000		┆
2	48	←		┆
3	49	↘	×	
4	50	↖		↘
5	52	↙	↗	
6	47	○		
7	38	5000		
8	53	⋯	×	
○	140 m			⊗

t4



trening_girbes				
t4		1,3 km		
▷		┌		○
1	54	/	∨	
2	55	/	∨	
3	56	↗	⋯	↖
4	57	/	×	
5	58	∧		└
○	180 m			⊗