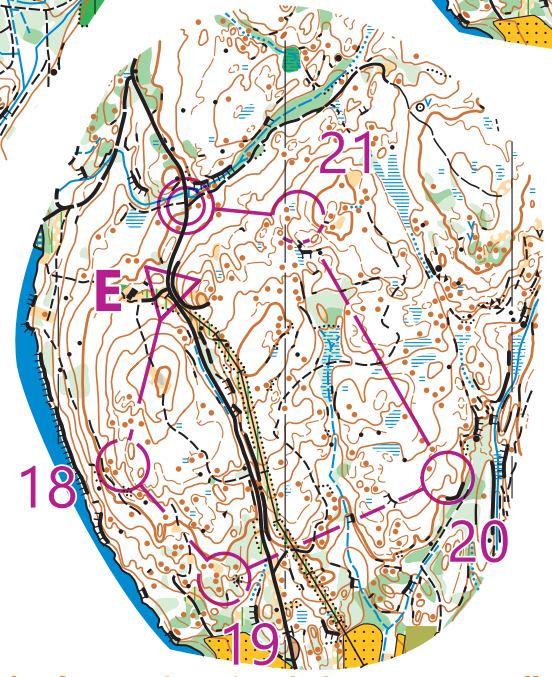
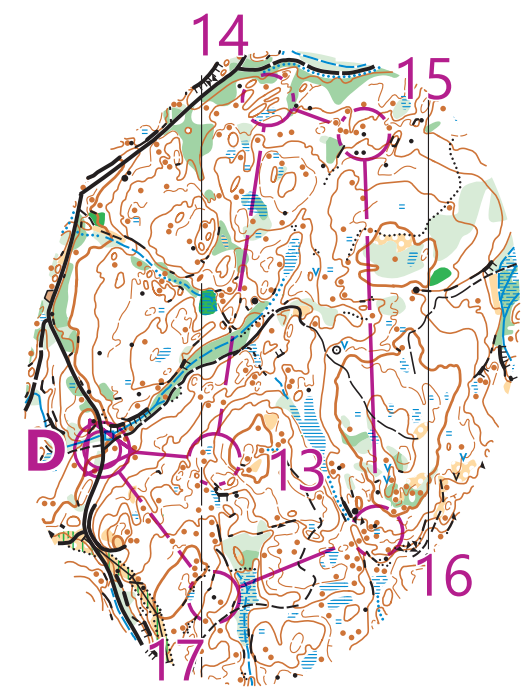
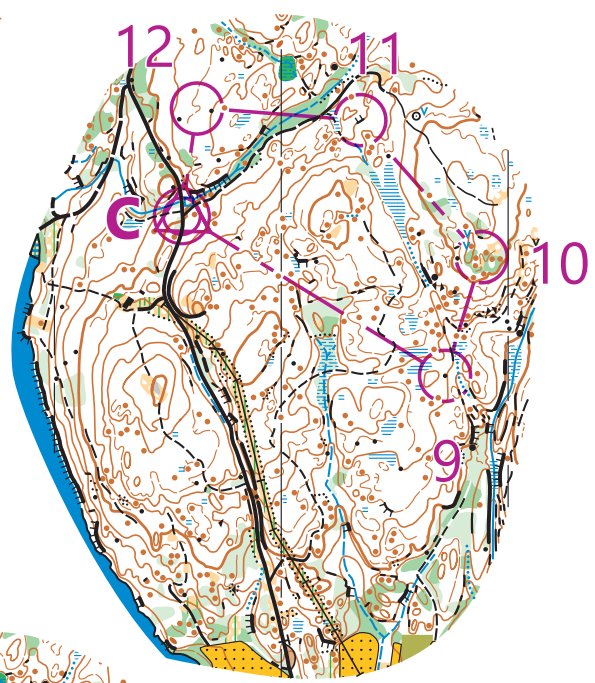
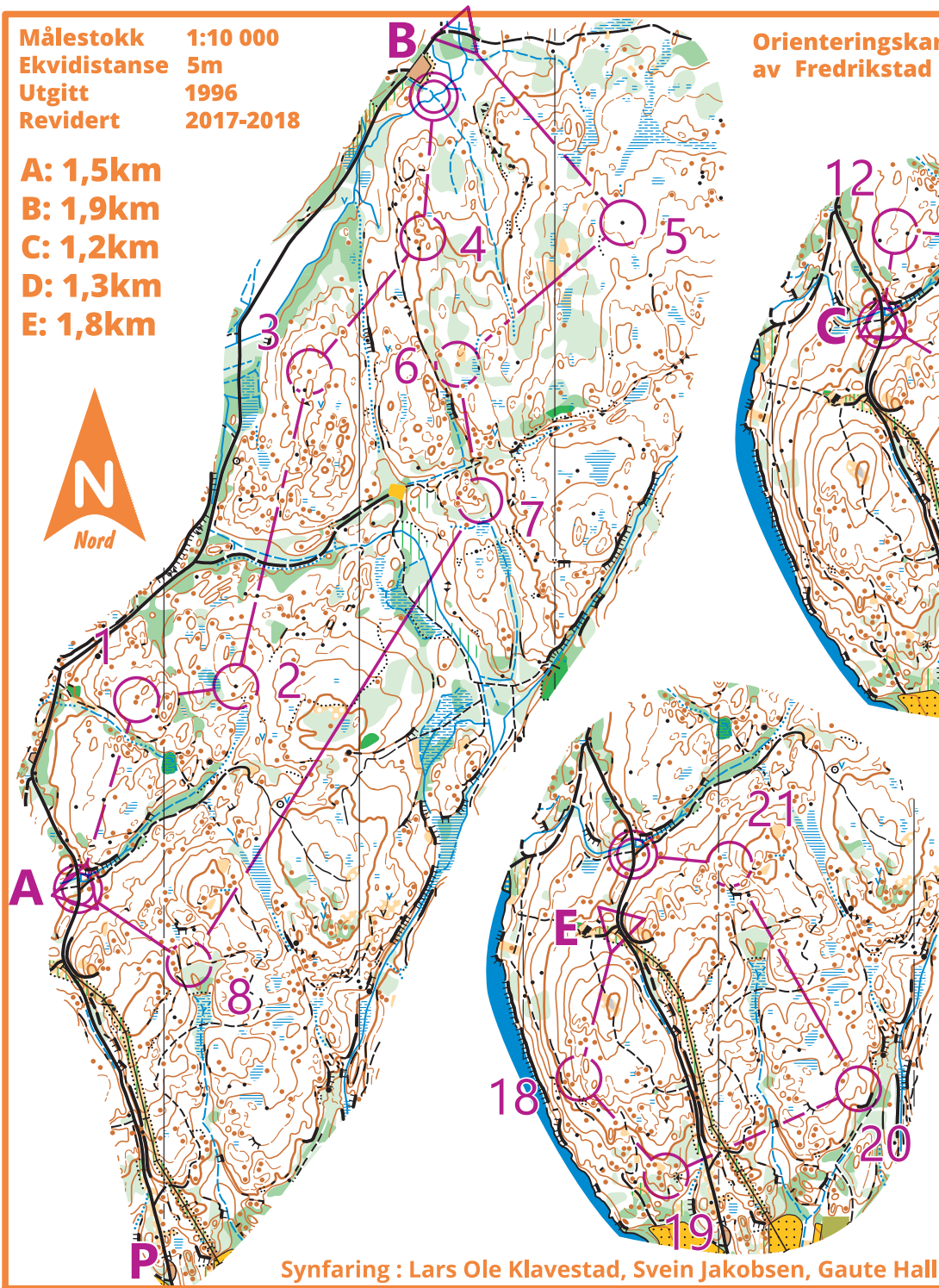


Målestokk 1:10 000  
 Ekvidistanse 5m  
 Utgitt 1996  
 Revidert 2017-2018

A: 1,5km  
 B: 1,9km  
 C: 1,2km  
 D: 1,3km  
 E: 1,8km

Orienteringskart utgitt  
 av Fredrikstad SK

# Gillingsrød



LANDSLAGSLÄGER 2019			
Intervals	8,0 km	300 m	
1 34	• •	≡	
2 35	▲	◊	
3 36	→ •	◊	
4 37	∩		
220 m			
5 38	▲	◊	
6 39	•	◊	

7 40	✓ ∩		
8 41	∩	∩	
210 m			
9 42	▲	◊	
10 43	∩		
11 44	∩	∩	
12 45	∩		
140 m			
13 46	∩		
14 47	∩	∩	

15 48	↑ ▲		◊
16 49	≡		
17 50	▲		◊
240 m			
18 51	∩		
19 52	∩		
20 53	∩		
21 54	∩		
150 m			

Synfaring : Lars Ole Klavestad, Svein Jakobsen, Gaute Hallan Steiwer