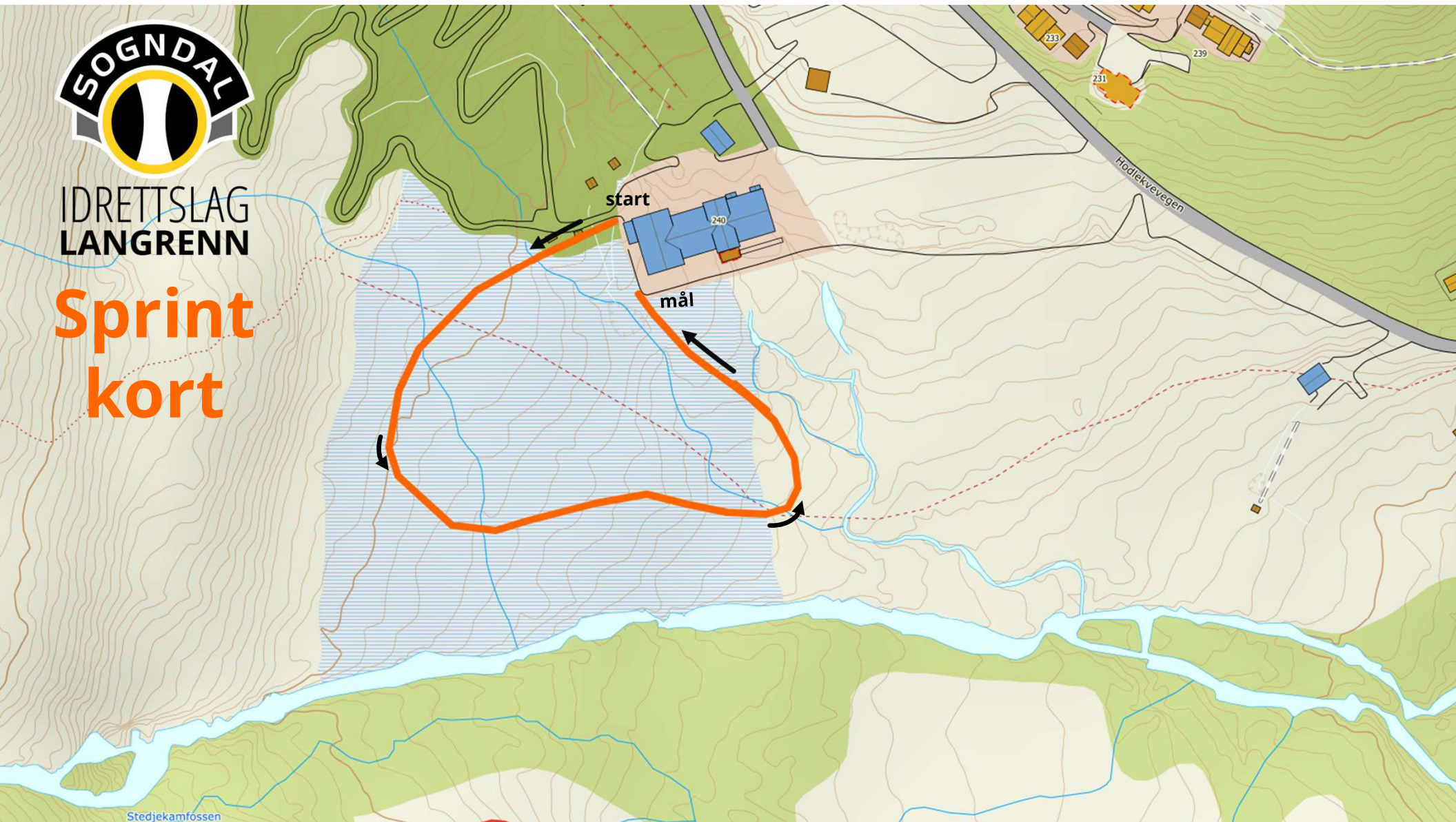




IDRETTSKLAG
LANGRENN

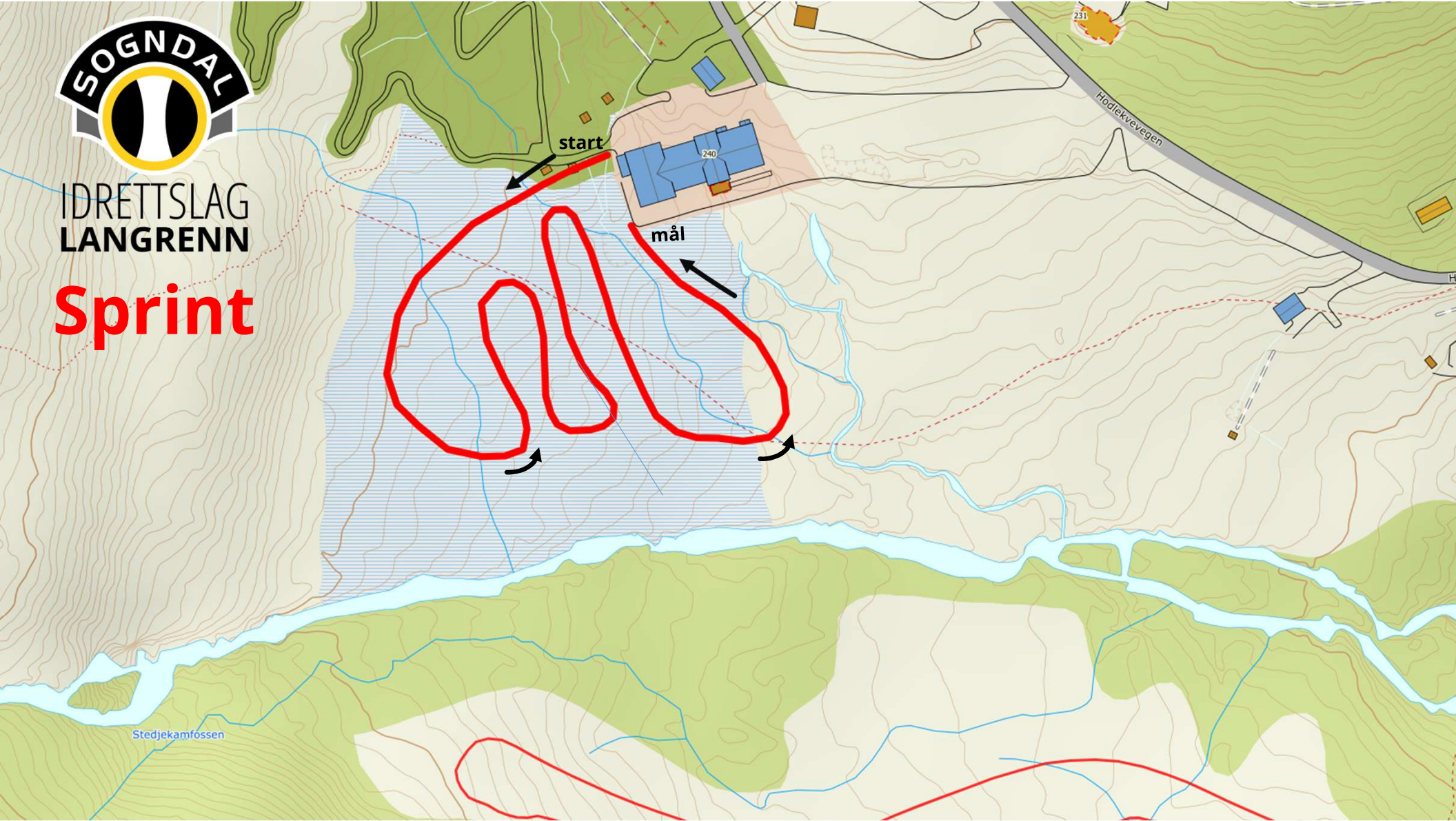
Sprint kort





**IDRETTSKLAG
LANGRENN**

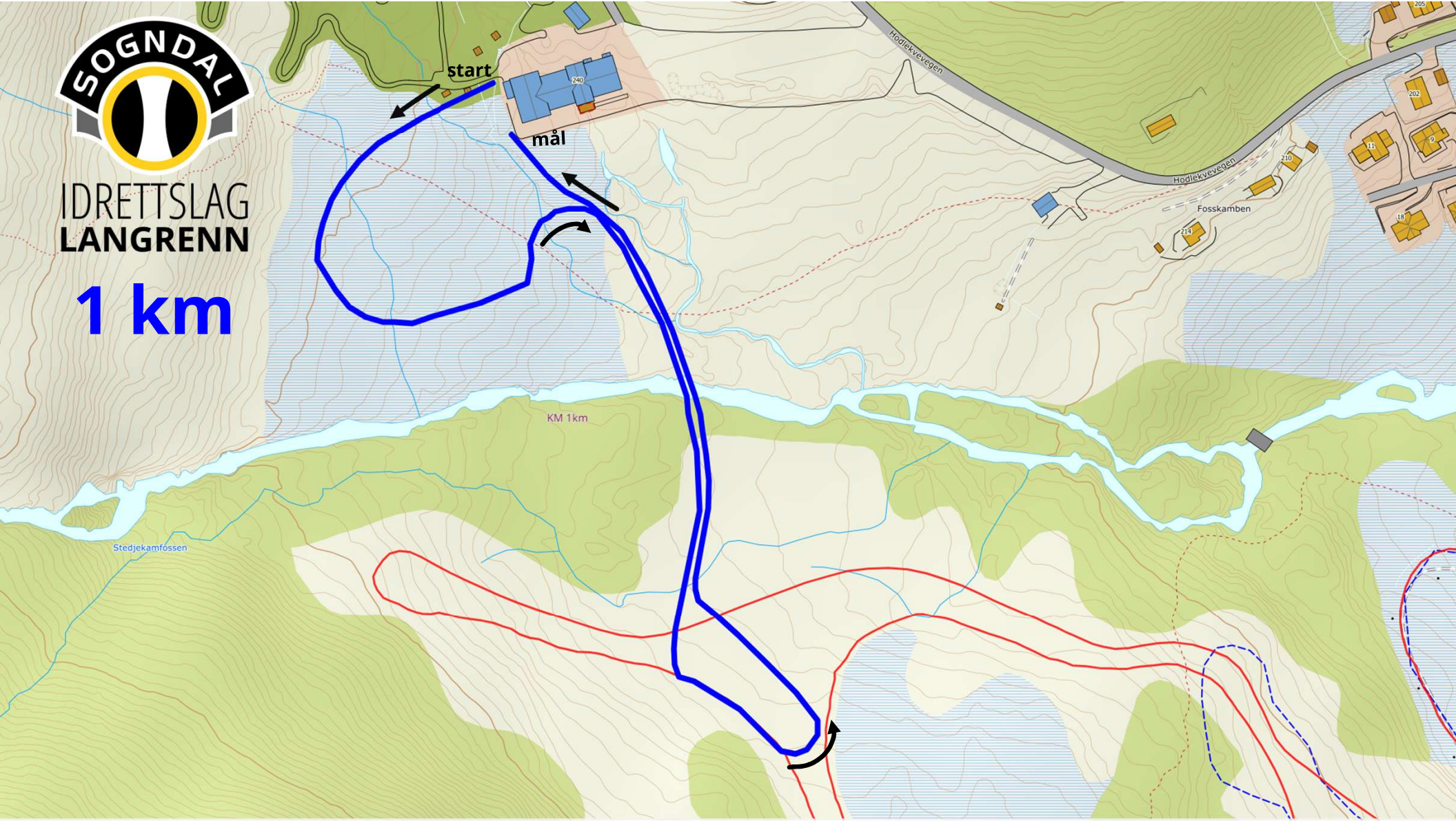
Sprint





**IDRETTSLAG
LANGRENN**

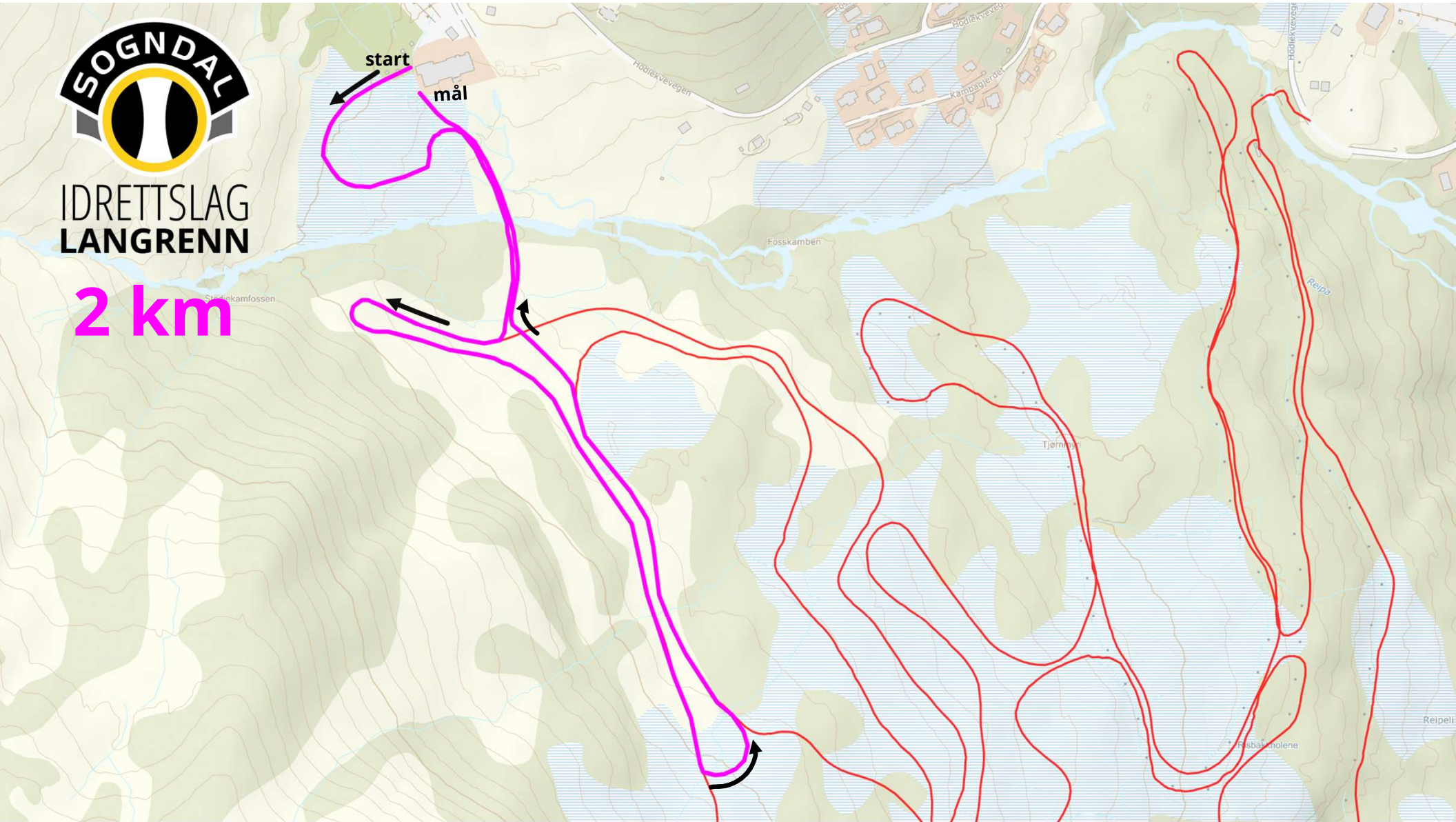
1 km





IDRETTSLAG
LANGRENN

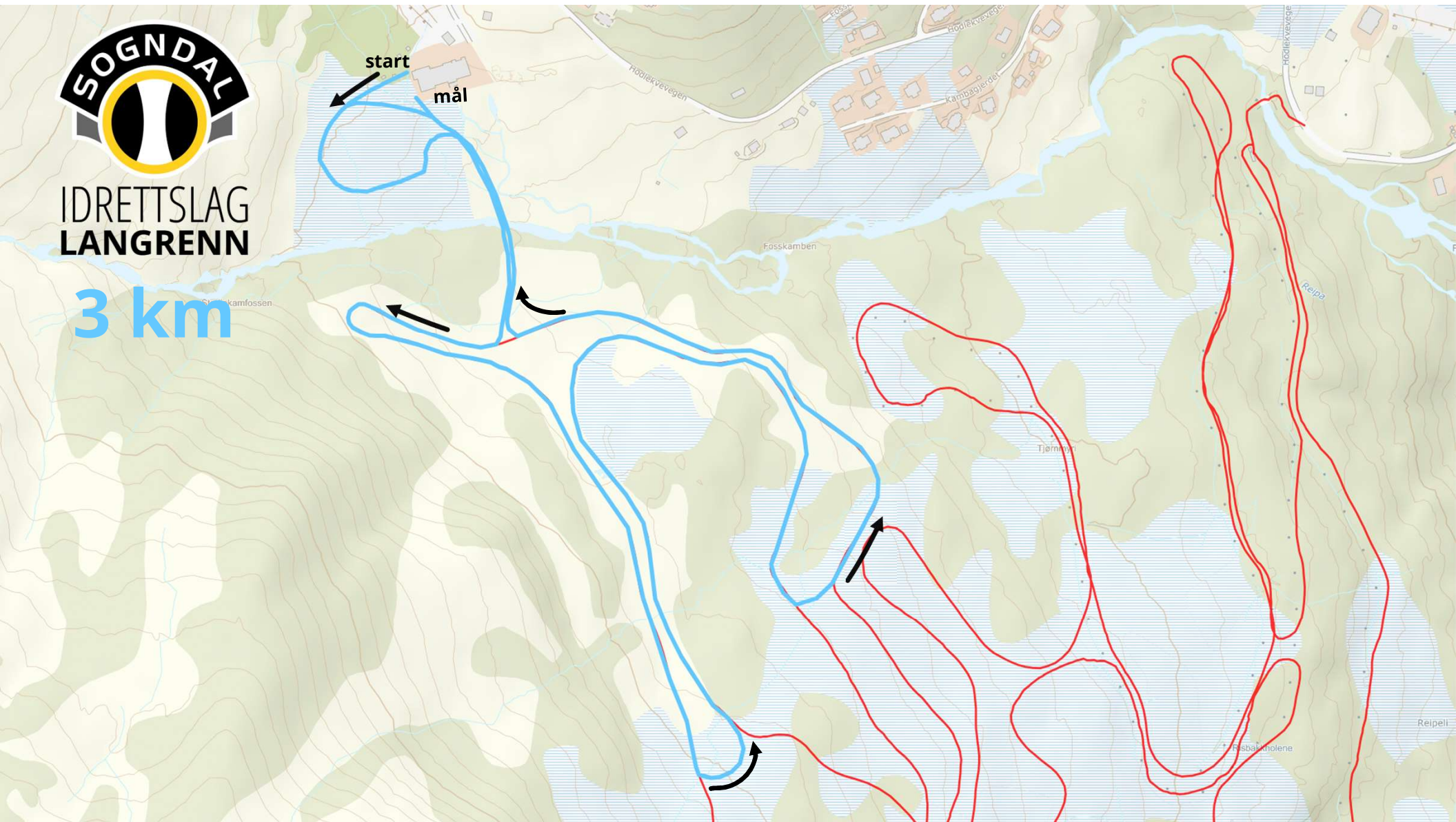
2 km





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3 km

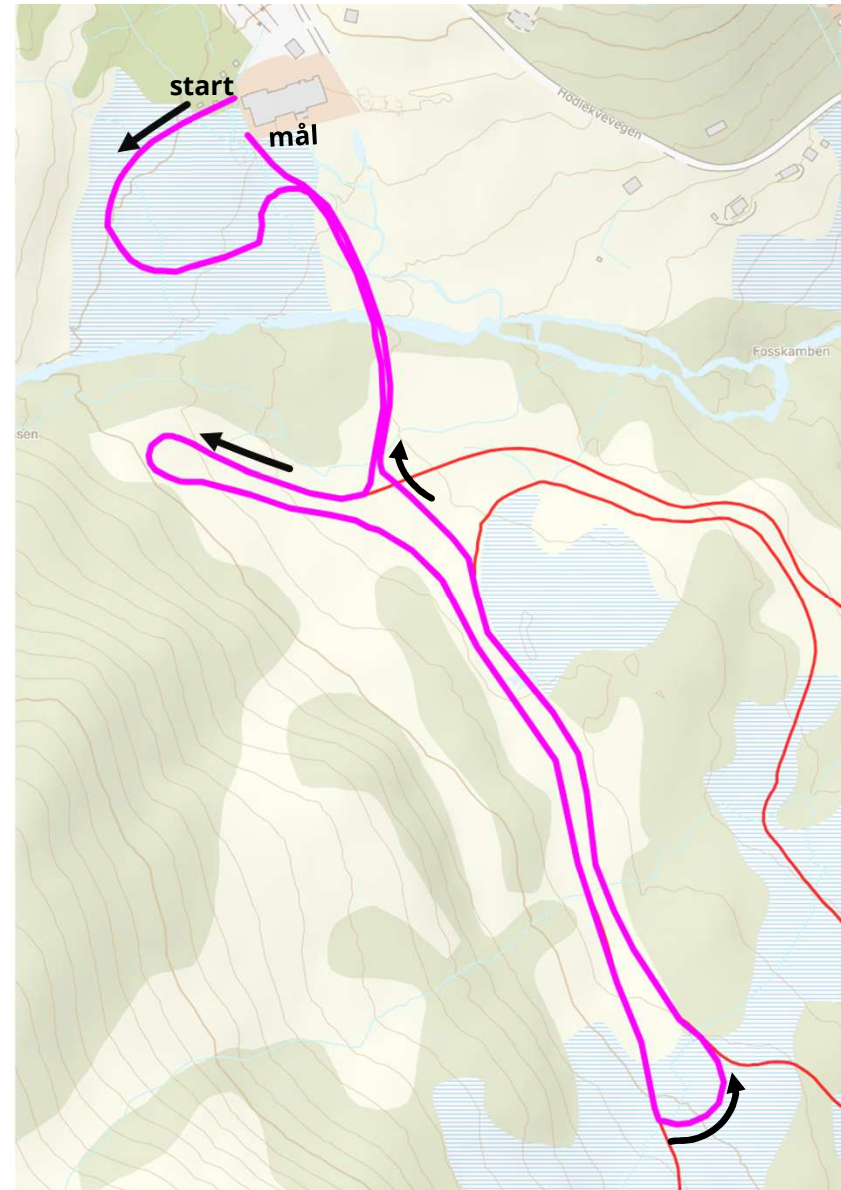
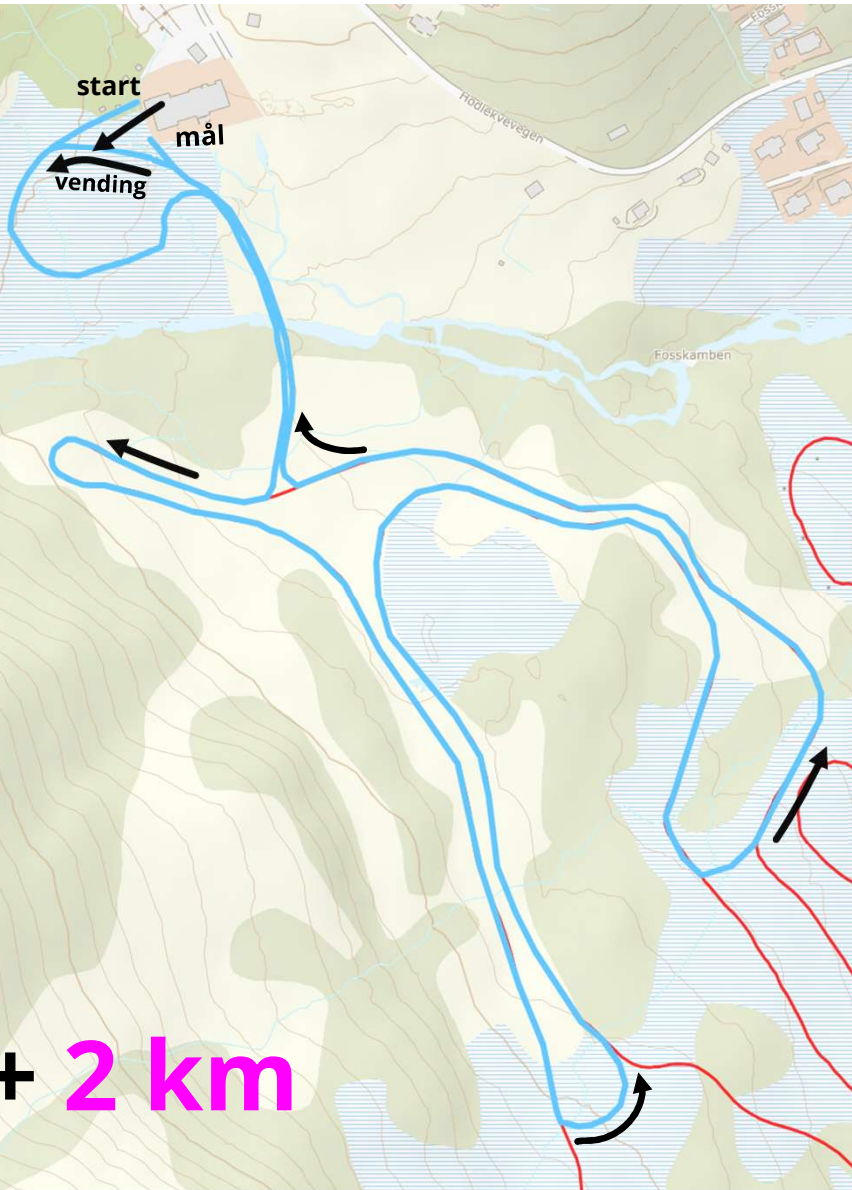




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5 km

3 km + 2 km

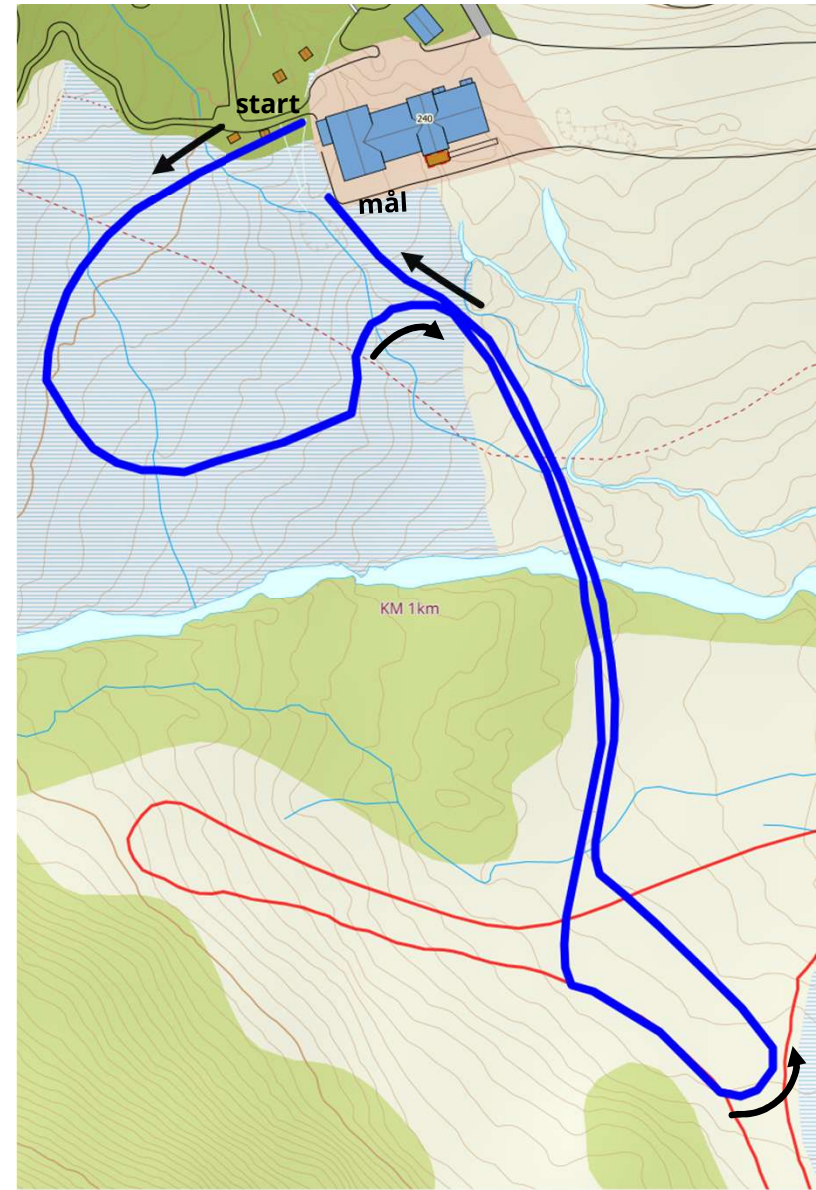
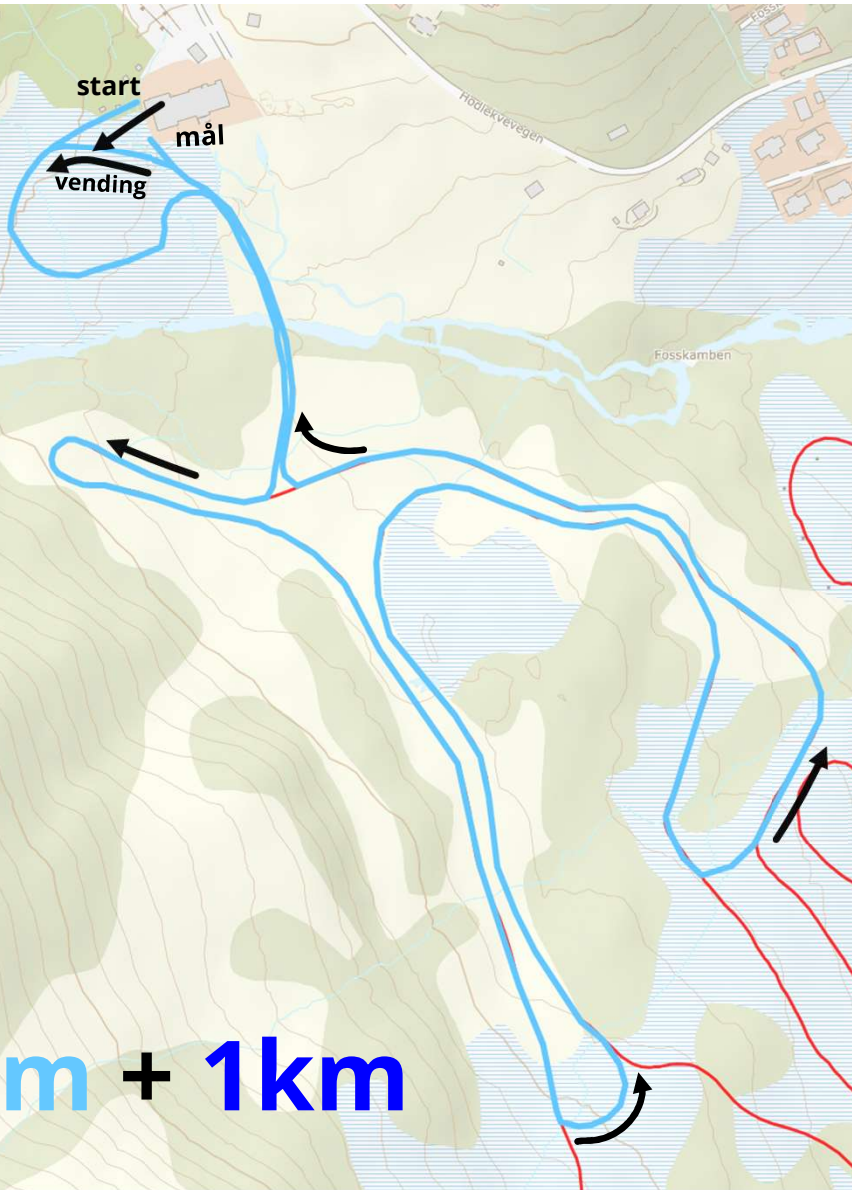




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7,5 km

2 x 3km + 1km

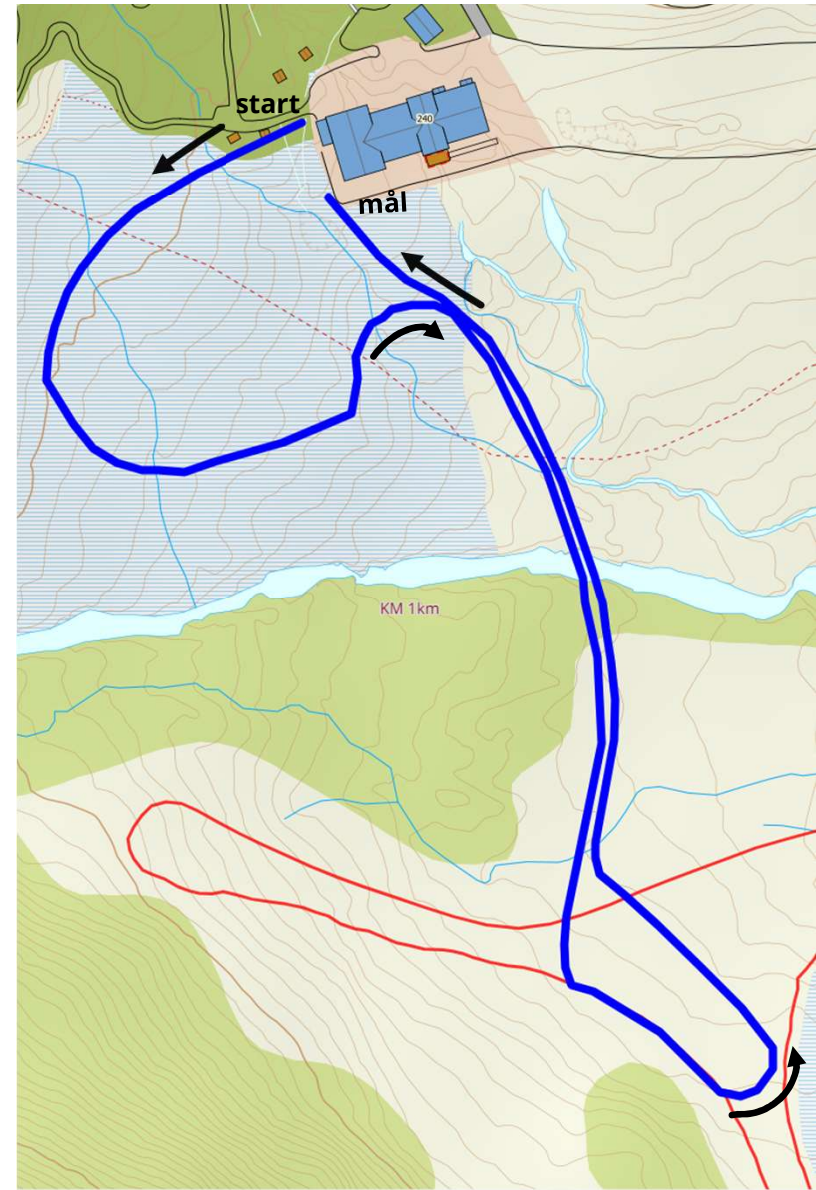
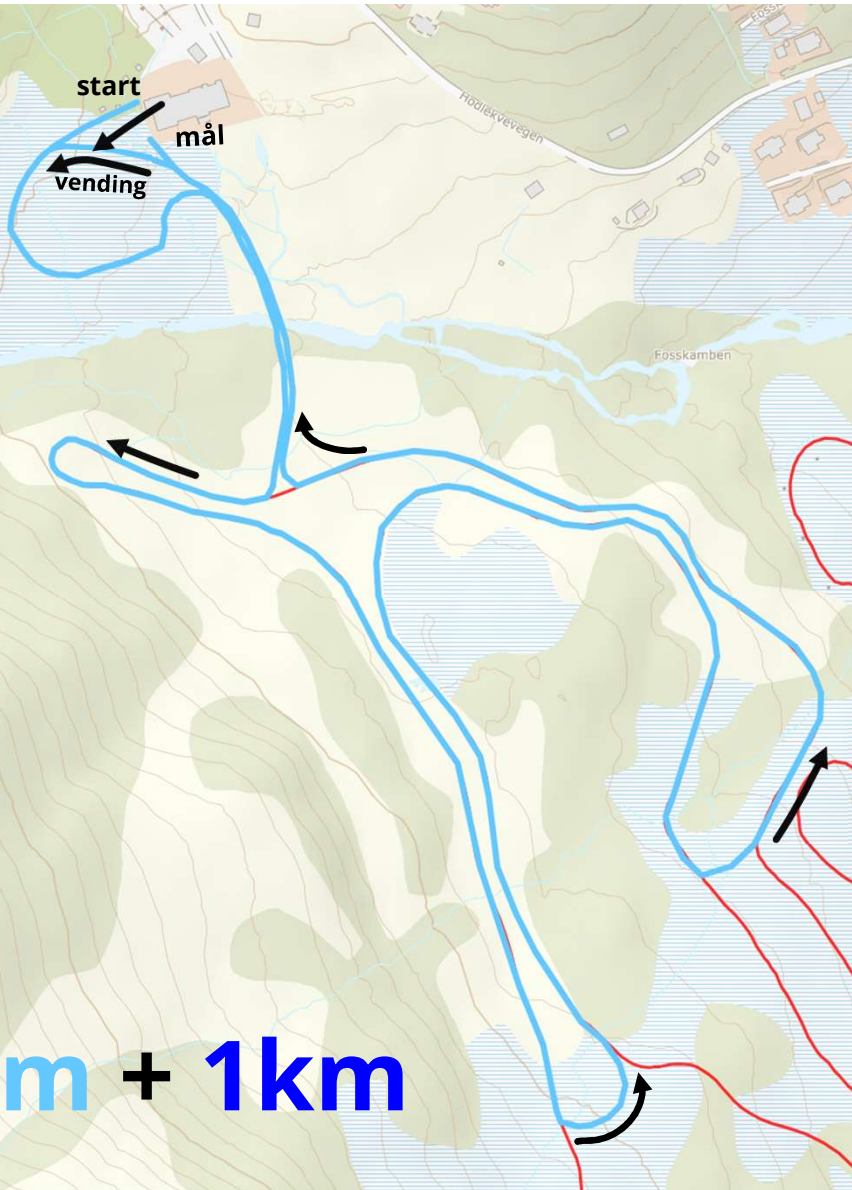




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10 km

3 x 3km + 1km





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15 km

5 x 3km

