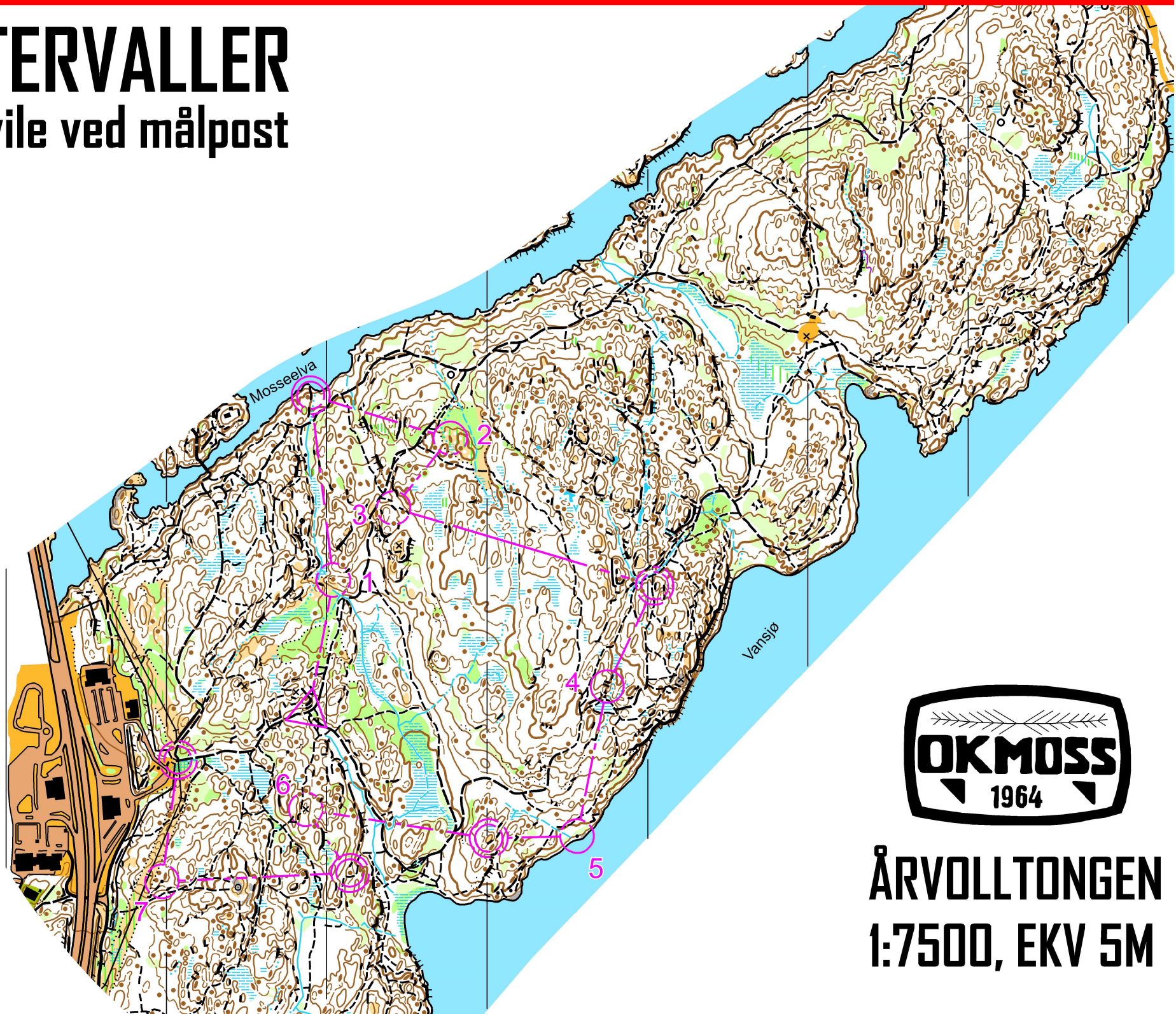
0-INTERVALLER

2min hvile ved målpost

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ÅRVOLLTONGEN

1:7500, EKV 5M