

The Range training, 3rd July 2022					
Moderate		3,4 km			
▷		↘ ↗	×		
1	202	✳	0.6	○	
2	203	✳	0.5	○	
3	210	↙	×	○	
4	221	×		○	
5	216	↑	++	1	Q
6	215	↘	<		
7	211	↗			
8	209	↘	<		
9	200	↘			T
		160 m			

The Range training, 3rd July 2022					
Hard Short		3,6 km			
▷		↘ ↗	×		
1	203	✳	0.5	○	
2	205	↘	↘		
3	207	↘	0.5	○	
4	209	↘	<		
5	210	↙	×	○	
6	211	↗			
7	212	↑	≡		>
8	214	↙	☺	○	
9	215	↘	<		
10	216	↑	++	1	Q
11	221	×		○	
12	224	↙	⊗	1	Q
13	225	↘			
14	200	↘			T
		160 m			

The Range training, 3rd July 2022					
Hard Long		5,8 km			
▷		↘ ↗	×		
1	203	✳	0.5	○	
2	205	↘	↘		
3	207	↘	0.5	○	
4	209	↘	<		
5	210	↙	×	○	
6	211	↗			
7	217	↘	<		
8	218	⊗	1	○	
9	219	↑	∩		
10	220	↓	∩		T
		0 m			
▷		↓	∩		T
11	213	⊗	1	○	
12	214	↙	☺	○	
13	215	↘	<		
14	216	↑	++	1	Q
15	221	×		○	
16	224	↙	⊗	1	Q
17	225	↘			
18	209	↘	<		
19	204	↘			
20	200	↘			T
		160 m			