LØBEPLAN JANUAR 2014

Hold	Søndag 05-jan	Tirsdag 07-jan	Søndag 12-jan	Tirsdag 14-jan	Søndag 19-jan	Tirsdag 21-jan	Søndag 26-jan	Tirsdag 28-jan	søndag	Tirsdag
5.00 min.	**10 km** Rute 5	**7 km** By turen	**8 Km** Rute 19	**7 Km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
5.30 min.	**10 Km** Rute 5	**7 km** By turen	**8 Km** Rute 19	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
6.00 min.	**10 Km** Rute 5	**7 km** By turen	**8 Km** Rute 19	**7 Km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute5	**7 Km** By turen		
6.30 min.	**10 Km** Rute 5	**7 km** By turen	**8 Km** Rute 19	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10 km** Rute 5	**7 Km** By turen		
7.00 min.	**10 Km** Rute 5	**7 km** By turen	**8 Km** Rute 19	**7 km** By turen	**8 Km** Rute 12	**7 Km** By turen	**10km** Rute 5	**7 Km** By turen		
Walk & Run										