LØBEPLAN NOVEMBER 2014

November										
	Søndag	Tirsdag	Søndag	Tirsdag	Søndag	Tirsdag	Søndag	Tirsdag	søndag	
Hold	02-nov	04-nov	09-nov	11-nov	16-nov	18-nov	23-nov	25-nov	30-nov	
5.00 min.	11,5 Km Rute 7	7 Km By Tur	8 Km Rute 12	7 Km By tur	10 Km Rute 5	7 Km By tur	10,56 Km Rute 1	7 Km By tur	10 km Rute 5	
5.30 min.	11,5 Km Rute 7	7 Km By Tur	8 Km Rute 12	7 Km By tur	10 Km Rute 5	7 Km By tur	10,56 Km Rute 1	7 Km By tur	10 km Rute 5	
6.00 min.	11,5 Km Rute 7	7 Km By Tur	8 Km Rute 12	7 Km By tur	10 Km Rute 5	7 Km By tur	10,56 Km Rute 1	7 Km By tur	10 km Rute 5	
6.30 min.	11,5 Km Rute 7	7 Km By Tur	8 Km Rute 12	7 Km By tur	10 Km Rute 5	7 Km By tur	10,56 Km Rute 1	7 Km By tur	10 km Rute 5	
7.00 min.	11,5 Km Rute 7	7 Km By Tur	8 Km Rute 12	7 Km By tur	10 Km Rute 5	7 Km By tur	10,56 Km Rute 1	7 Km By tur	10 km Rute 5	
Walk & Run										