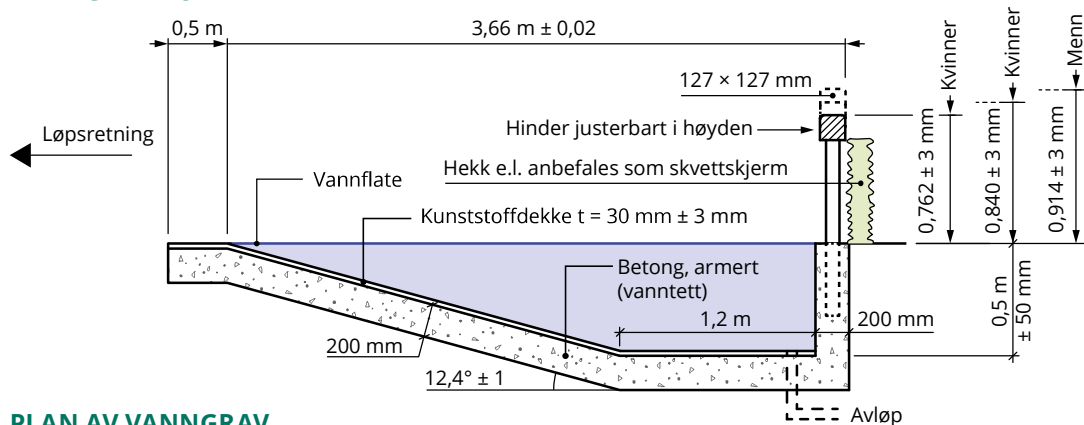
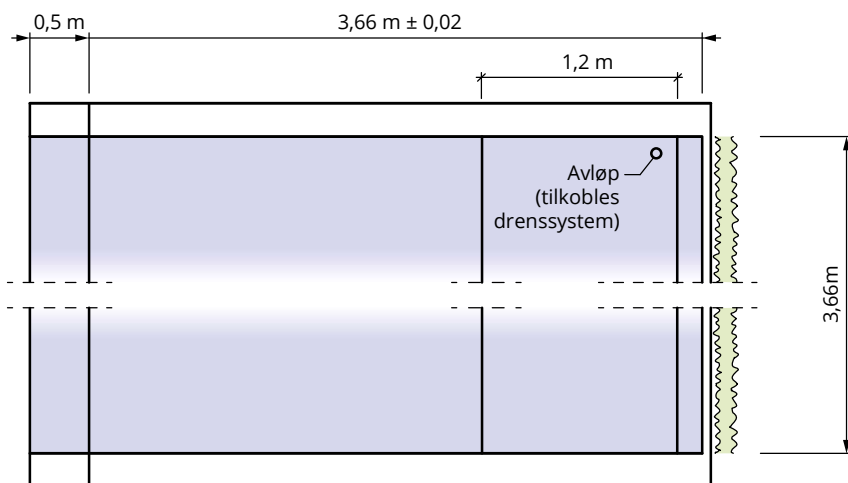


Hinder

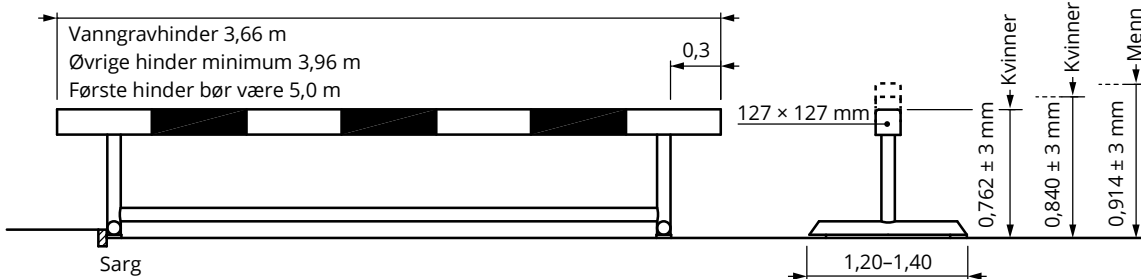
VANNGRAV - SNITT



PLAN AV VANNGRAV



HINDER



Hinderet skal være 80-100 kg.

Lengde	Antall hinder	Vanngrav passeres
1500	15	3 ganger
2000	23	5 ganger
3000	35	7 ganger

Ubenevnte mål er i meter