

Allenamento Folgaria			
Prova	1,5 km		
1 31	×		
2 32	↗		↖

3 36	↗		↗
4 37	↗		↖
5 38	↗		↖
6 39	◇		➤
7 40	↗		↗

8 41	⏏		
9 42	↗		—
10 43	↙	⚠	
⊗		110 m	⊗



PERCORSO MEMORY