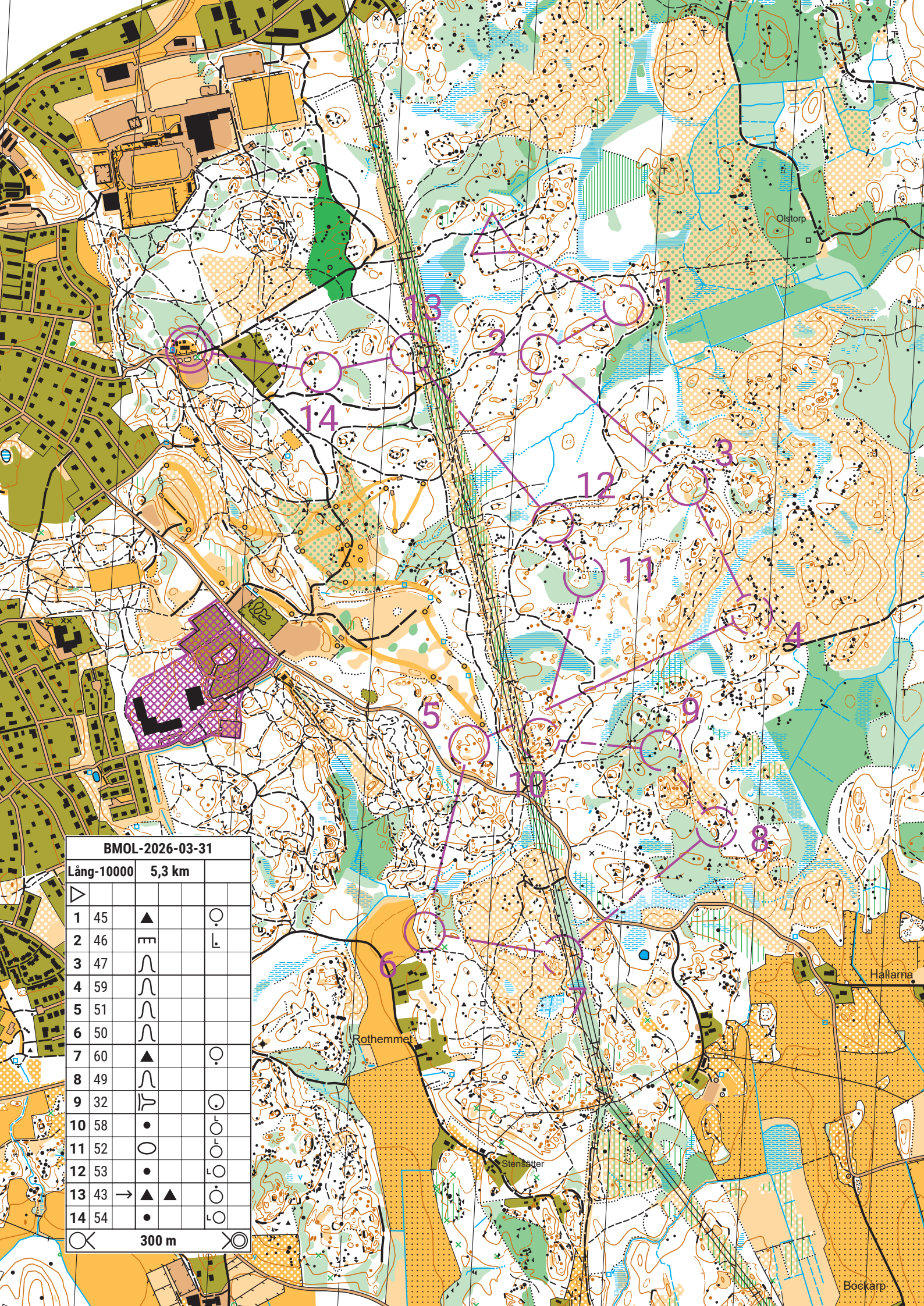

BMOL-2026-03-31							
Lång-10000			5,3 km				
▷							
1	45		▲			○	
2	46		⊓			L	
3	47		⌒				
4	59		⌒				
5	51		⌒				
6	50		⌒				
7	60		▲			○	
8	49		⌒				
9	32		⊓			⊙	
10	58		●			L ○	
11	52		⬭			L ○	
12	53		●			L ○	
13	43	→	▲	▲		○	
14	54		●			L ○	
◯<			300 m			>◎	