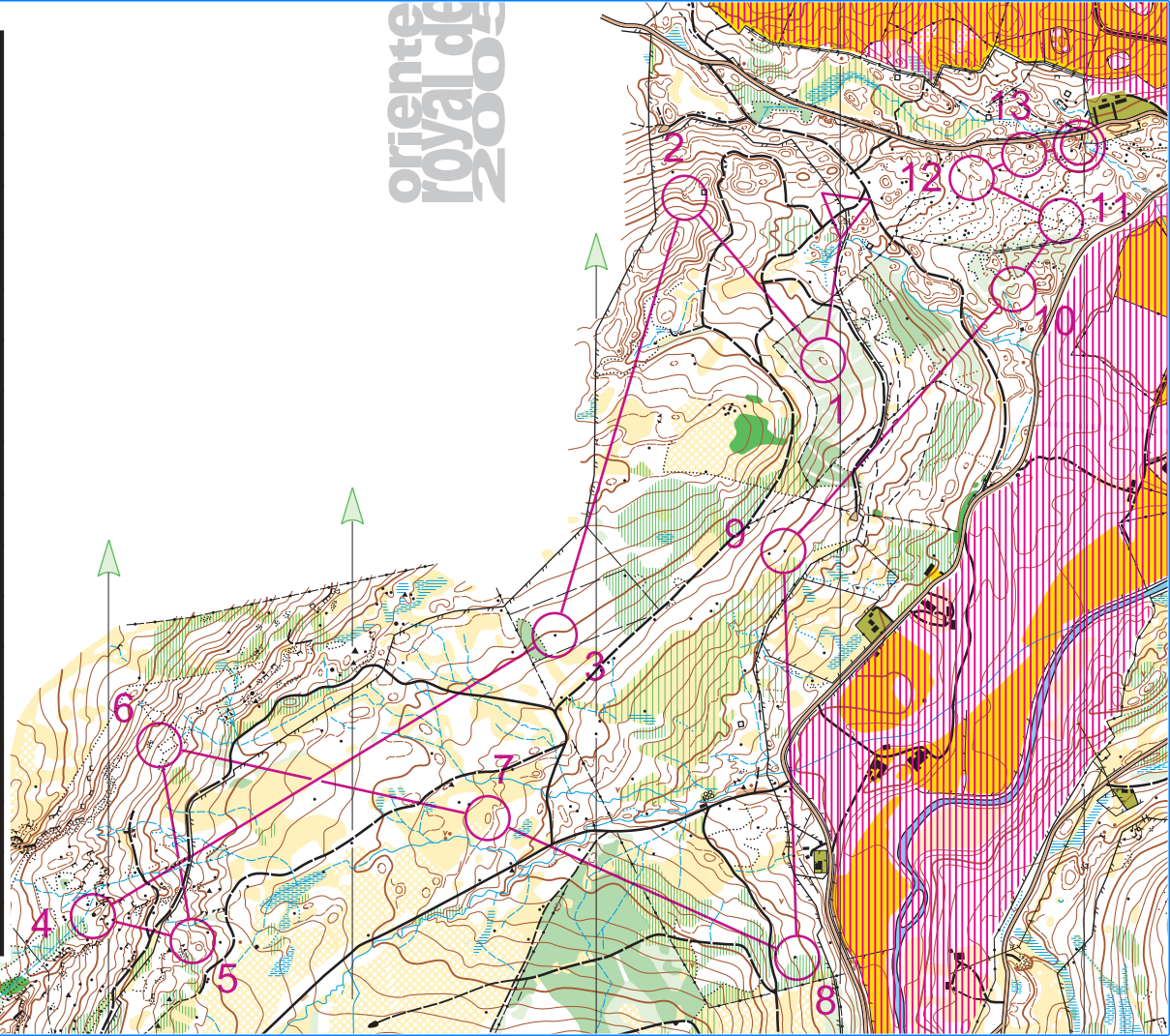


# Alltcailleach WOC training

orienteering  
 royal de  
 2009

WOC training		7.0 km			
▷		/	↗	×	
1	70	○			○
2	94	∩			
3	33	▲			
4	195	▲			
5	65	∩			
6	54	▷			○
7	71	○			○
8	40	▲			
9	51	→	▲		
10	152	○			○
11	49	▲			
12	44	↓	∩		
13	42	↙	▲		



○ < 110 m > ○