

Odder Atletik og Motion

Oktober 2019.

Løberuter til mellemholdet / "Ællingerne" / "Talentholdet"

<https://www.strava.com/routes/21918317>

<https://www.strava.com/routes/21918923>

<https://www.strava.com/routes/21920566>

<https://www.strava.com/routes/21920773>

<https://www.strava.com/routes/20350286>

Se dem på de følgende sider:



OAM - Spektrum 1 - 5,3 km



By Carsten D.

Created on September 24, 2019

5.31km
Distance

14m
Elevation Gain

Road
Run Type

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OAM - Spektrum 2 - 4,7 km



By Carsten D.

Created on September 24, 2019

4.70km
Distance

39m
Elevation Gain


Road
Run Type

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OAM - Spektrum 3 - 5,0 km



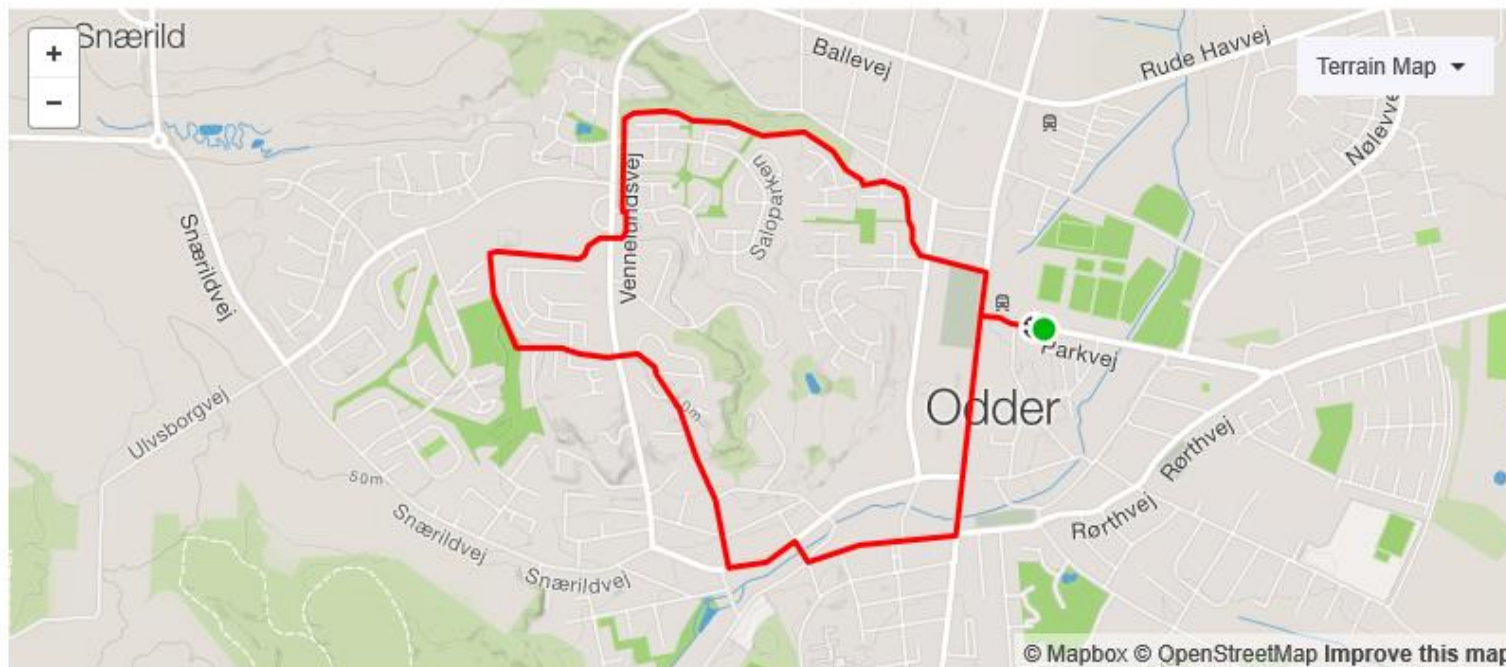
 **By Carsten D.**
Created on September 24, 2019

5.04km Distance **19m** Elevation Gain **Road** Run Type

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OAM - Spektrum 4 - 5,1 km



By Carsten D.

Created on September 24, 2019

5.11km
Distance

53m
Elevation Gain

Road
Run Type

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OAM - Hjertestien (omtrentlig)



By Carsten D.

Created on July 18, 2019

6.04km **28m** **Road**
Distance Elevation Gain Run Type

Følger i hovedtræk Hjertestien i Odder.
Ca. 6 km og 28 hm

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