Runder rundt banen

|  |  |
| --- | --- |
| **RUNDER** | **KM** |
| 1 | 0.4 |
| 2 | 0.8 |
| 3 | 1.2 |
| 4 | 1,6 |
| 5 | 2,0 |
| 6 | 2,4 |
| 7 | 2,8 |
| 8 | 3,2 |
| 9 | 3,6 |
| 10 | 4,0 |

Fysisk aktivitet

Fotball, trampoline osv

|  |  |
| --- | --- |
| **Minutt** | **KM** |
| 5 | 0.25 |
| 10 | 0,5 |
| 15 | 0,75 |
| 20 | 1,0 |
| 25 | 1,25 |
| 30 | 1,5 |
| 35 | 1,75 |
| 40 | 2,0 |
| 45 | 2,25 |
| 50 | 2,5 |
| 55 | 2,75 |
| 60 | 3 |