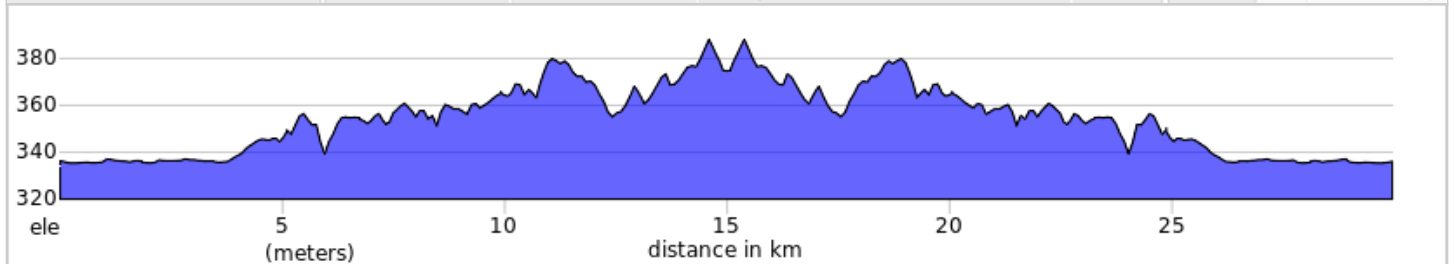
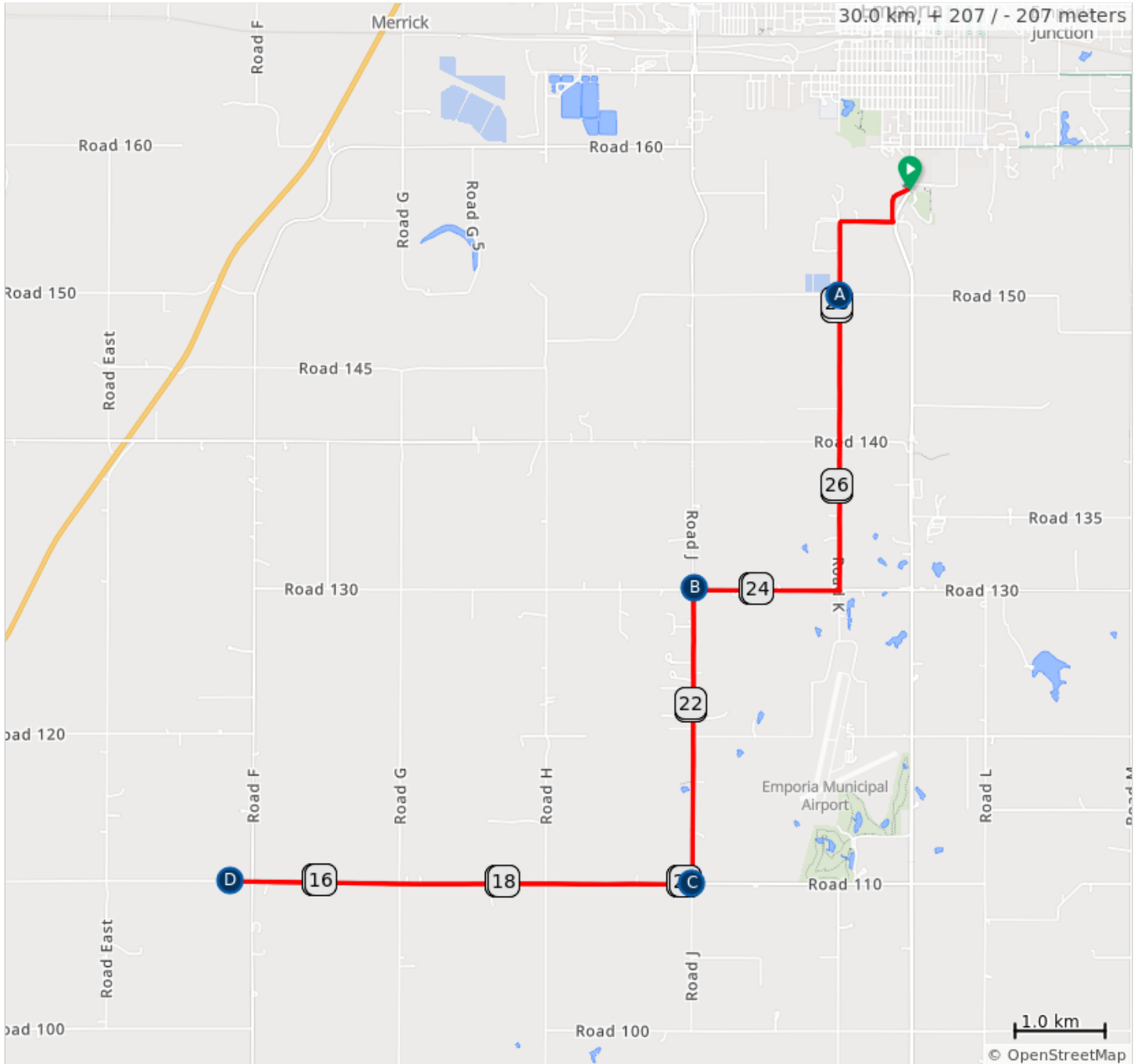


EFF Norwegian Foot March 2023



Foot March Route w/ Aid and Water Stations

- | | | | |
|----|-----------------------|----|-------------------------------------|
| A. | Water/Aid Station | C. | Water and Aid Station |
| B. | Water and Aid Station | D. | Turn Around Point/Water Aid Station |



EFF Norwegian Foot March 2023

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.5
2.	0.5	0.5	↘	Sharp R onto Road 155	3.0
3.	3.5	3.0	←	L onto Road 140	0.0
4.	3.5	0.0	←	L onto Road K	1.6
5.	5.1	1.6	→	R onto Road 130	1.6
6.	6.7	1.6	←	L onto Road J	3.2
7.	9.9	3.2	→	R onto Road 110	5.1

9.9 kilometers. +64/-35 meters

Num	Dist	Prev	Type	Note	Next
8.	15.0	5.1	↶	Make a U-turn onto Road 110	5.1
9.	20.0	5.1	←	L onto Road J	3.2
10.	23.3	3.2	→	R onto Road 130	1.6
11.	24.9	1.6	←	L onto Road K	4.6
12.	29.5	4.6	←	L onto South Commercial Street	0.5
13.	30.0	0.5	📍	End of route	0.0

20.0 kilometers. +81/-120 meters