

Roseisle training autumn 08					
▷	S	/			
	45	⊖			
	46	↖	⊖		
	49	○			◦
	51	∧			
	54	⊖			
	59	∪			
	65	↗	∧		
	67		○		◦
	72	⌋			◦
	73	↓	○		◦
	74	○			◦
	75	○			◦
	77		○		◦
	78	⚡			<
	79	←	●		◦
	80		●		◦
	85	○○			≡
	86	↑	∧		
	92	↓	○		◦
	95	○			◦
	97	∧			
○<			>◎		

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Roseisle training autumn 08					
Long 5		4.1 km			
▷		/			
1	54	⊖			
2	51	∧			
3	74	○			◦
4	45	⊖			
5	73	↓	○		◦
6	59	∪			
7	65	↗	∧		
8	86	↑	∧		
9	46	↖	⊖		
10	77		○		◦
11	92	↓	○		◦
12	95	○			◦
13	80		●		◦
14	79	←	●		◦
15	97		∧		
16	75		○		◦
○<			150 m >◎		

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Medium 3		3.2 km			
▷		/			
1	79	←	●		◦
2	85		○○		≡
3	74		○		◦
4	73	↓	○		◦
5	49		○		◦
6	72		⌋		◦
7	67		○		◦
8	78		⚡		<
○<			350 m >◎		

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Roseisle training autumn 08					
Short 5		3.4 km			
▷		/			
1	54	⊖			
2	51	∧			
3	95		○		◦
4	72		⌋		◦
5	49		○		◦
6	73	↓	○		◦
7	74		○		◦
8	97		∧		
9	75		○		◦
○<			150 m >◎		

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