

NÆRUM GYMNASIUM



NAG Indoor Sprint 2018

The semi tough

Course 4	Medium long	10
1 73		
2 51		
3 59		
4 38		
5 45		
6 54		
7 57		
8 76		
9 43		
10 39		
11 64		
12 53		
13 44		
14 78		
15 100		

○--- 25 m ---○

Approx. 1:700

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 Courseplanner: Rune Østergaard
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- ### Legend
- floor changing stairs (showed at two floors)
 - staircase at one floor
 - floor
 - permitted outdoor area
 - "one-way" passage
 - forbidden area (forbidden to cross)
 - boundary tape (forbidden to cross)
 - wall/impassable fence (forbidden to cross)
 - table (forbidden to cross)
 - prominent chair/sofa (forbidden to cross)
 - cabinet (forbidden to cross)
 - fitness equipment
 - hedge/flowerbed (forbidden to cross)
 - tree/plant
 - lake (forbidden to cross)
 - toilet/sink
 - water cooler/shower
 - pillar/man made feature

fairplay

entering, crossing, jumping over, reaching across

no

