

ÁGÚST

2019

MÍN MARKMIÐ

SUN

MÁN

ÞRI

MID

FIM

FÖS

LAU

				1 4X30SEK 	2 25 	3 30 
4 30MÍN / 3KM 	5 60SEK 	6 20 	7 15 	8 30 	9 2X30SEK 	10 30MÍN / 3KM 
11 2X15 	12 4X30SEK 	13 30 	14 2X 60SEK 	15 40MÍN / 4KM 	16 30 	17 10 
18 20 	19 2X 45SEK 	20 4X30SEK 	21 30 	22 30 	23 2X20 	24 30MÍN / 3KM 
25 50MÍN / 5KM 	26 4X30SEK 	27 2X 60SEK 	28 6X30SEK 	29 40 	30 3X 60SEK 	

