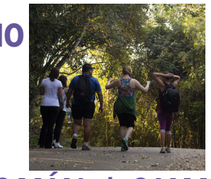
NÓVEMBER
2019

MÍN MARKMIÐ

SUN	MÁN	ÞRI	MIÐ	FIM	FÖS	LAU
					1 2X 20	2 2X 10
3 60MÍN / 6KM	4 2X 15	5 2X 60SEK	6 3X 10	7 2X 20	8 1X 30	9 2X 15
10  60MÍN / 6KM	11 2X 20	12 3X 90SEK	13 2X 20	14 3X 15	15 2X 25	16 2X 15
17 60MÍN / 6KM	18 2X 25	19 3X 90SEK	20 2X 20	21 3X 20	22 2X 25	23 3X 10
24 60MÍN / 6KM	25 3X 20	26 4X 60SEK	27 3X 20	28 2X 30	29 2X 30	30 3X 10

MS FÉLAG ÍSLANDS

KÍMÚRA VERSLUN

ALTIS

UNDER ARMOUR

SJÚKRAÞJÁLFUN STYRKUR