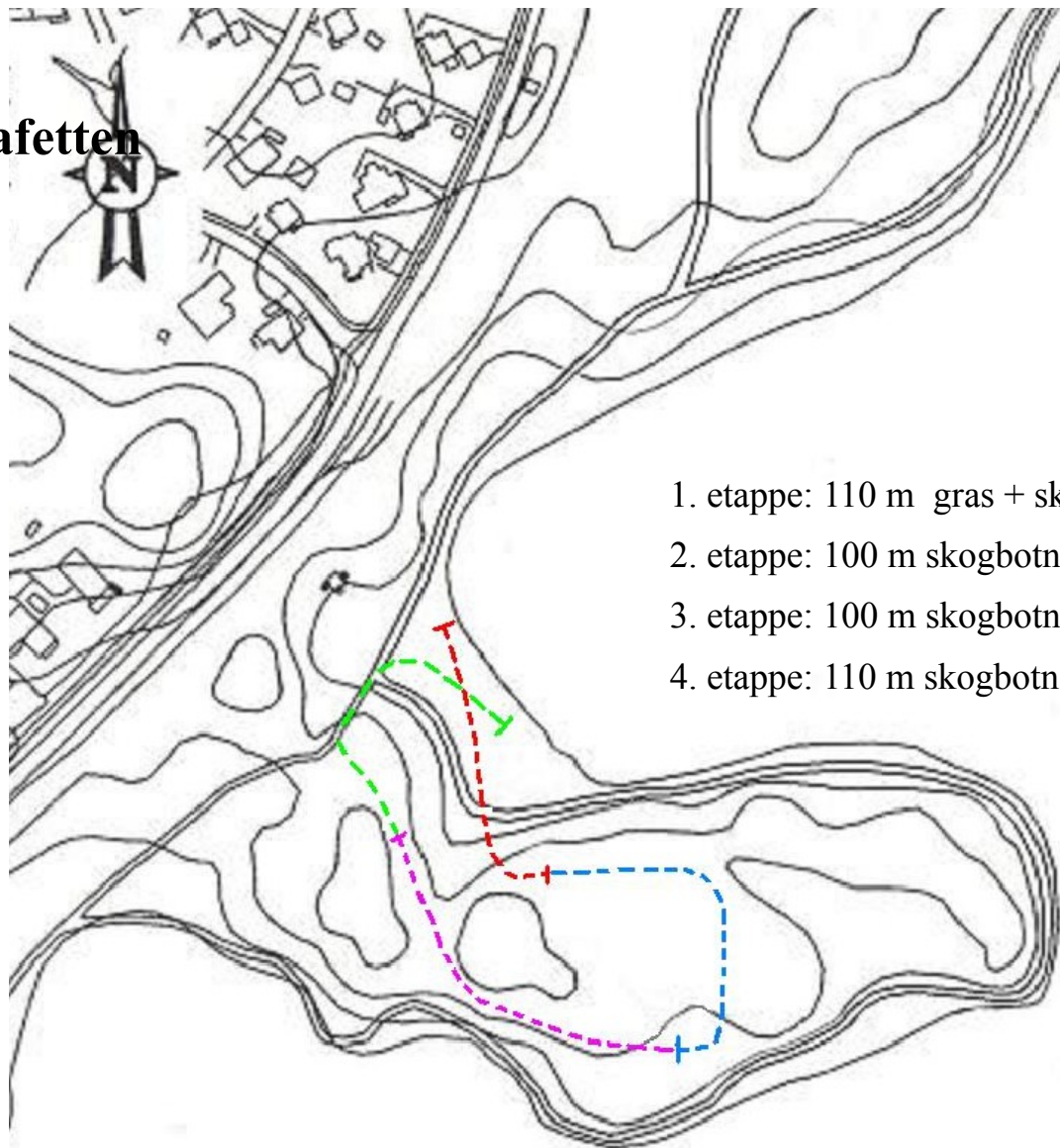


Sandtangstafetten kort løype



1. etappe: 110 m gras + skogbotn



2. etappe: 100 m skogbotn



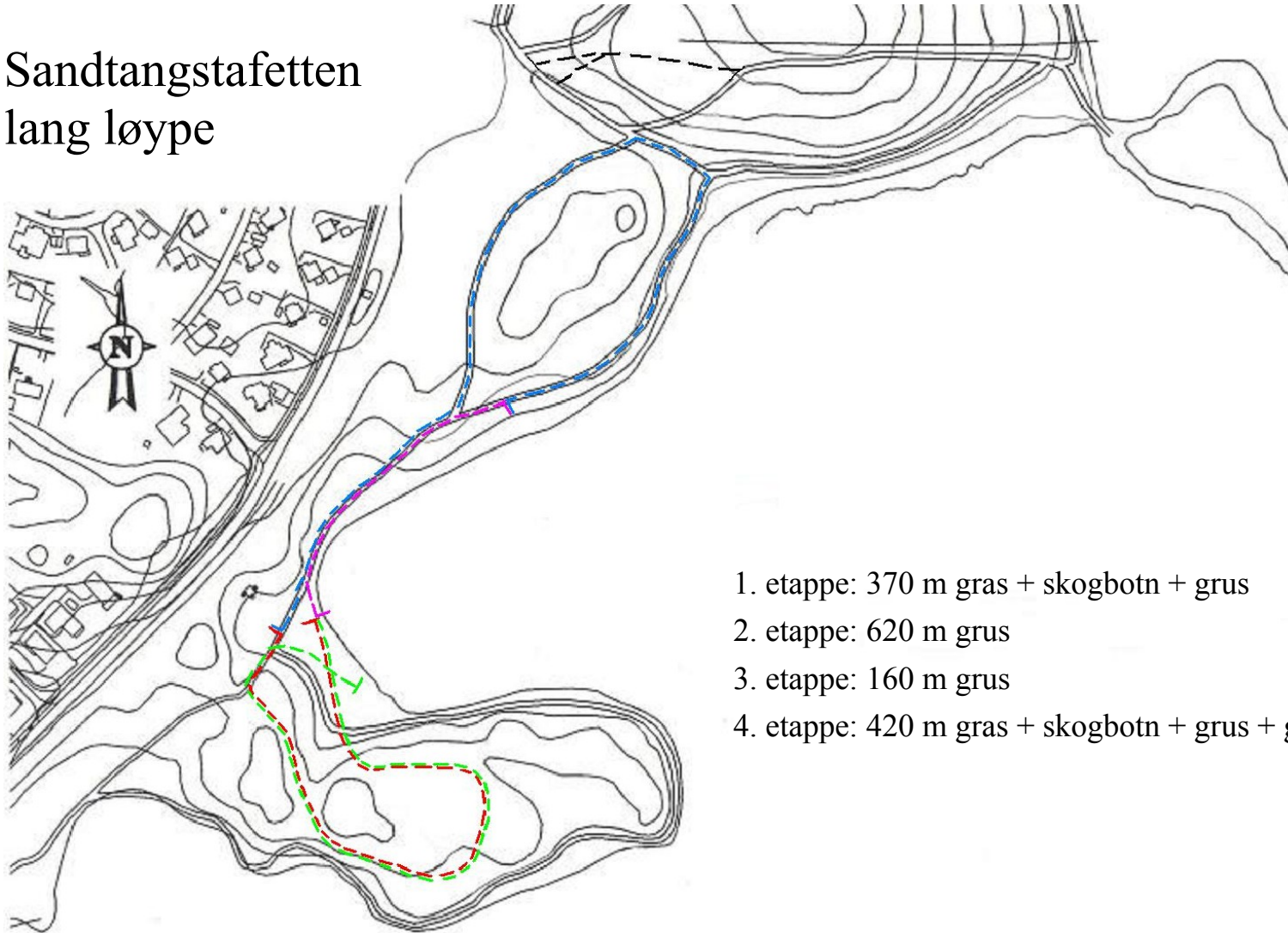
3. etappe: 100 m skogbotn



4. etappe: 110 m skogbotn + grus + gras



Sandtangstafetten lang løype



- 1. etappe: 370 m gras + skogbotn + grus -----
- 2. etappe: 620 m grus -----
- 3. etappe: 160 m grus -----
- 4. etappe: 420 m gras + skogbotn + grus + gras -----