

OPPVARMINGSØVELSE #5

4

4

T 4

A 4

B 4

7-10 10-8-7-10 10-8 7-10 11-9-8-11 11-9 8-11 9 11-10 9 11-9 8-11 9-7-6-9 7-5

5

5

T 5

A 5

B 5

4-7 7-5-4-7 7-5 4-7 7-5-4-7 8-6 5-8 8-6-5-8 6-8 7-6 8-6-5-8 6-4

9

9

T 9

A 9

B 9

3-6 4-2-1-4 4-2 1-4 4-2-1-4 4-2 1-4 5-3-2-5 5-3 2-5 3 5-4-7 5 8