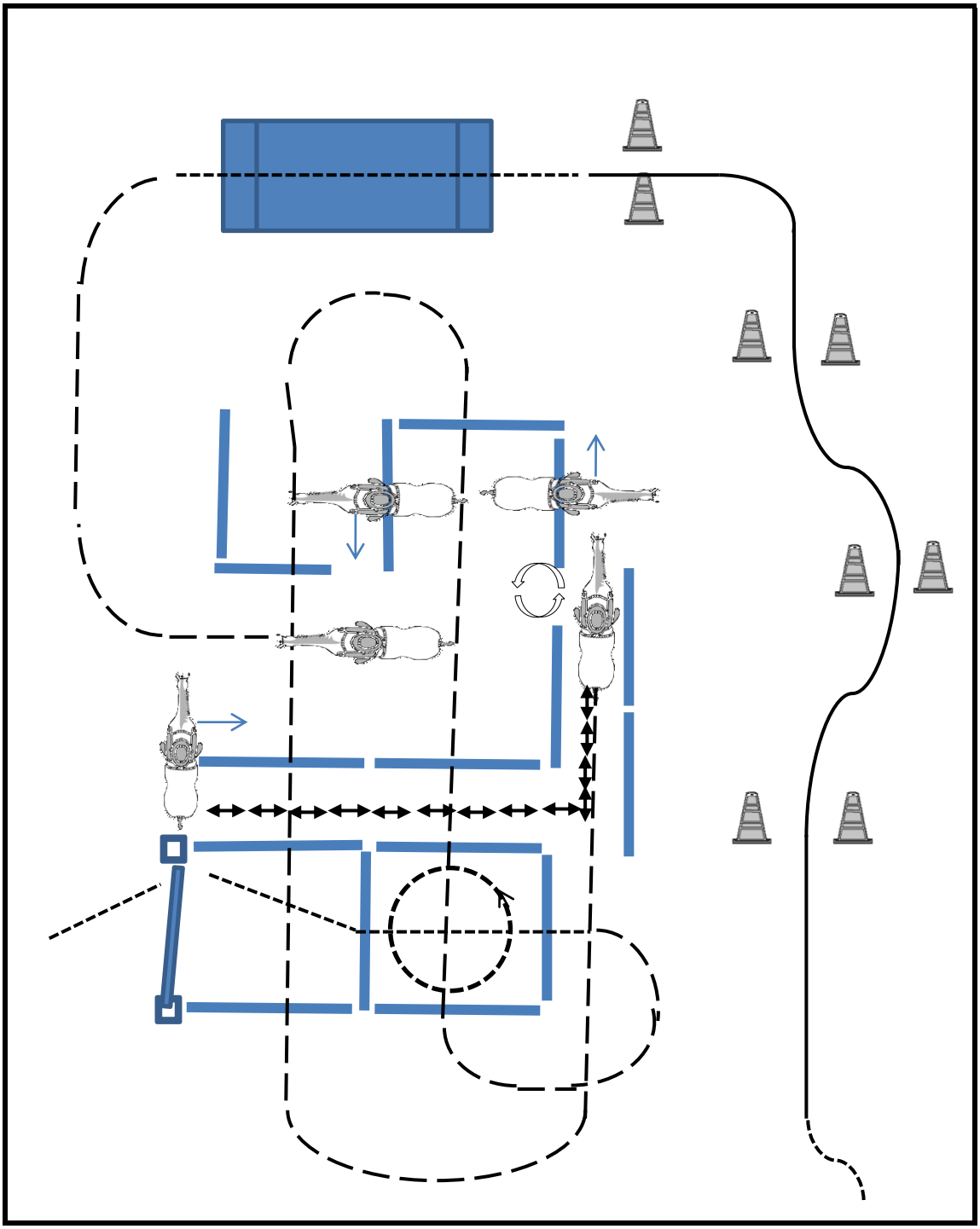
33 Offen Trail all ages



1. Tor (walk)
2. Box (360 links)
3. Jog over
4. L- rückwärts
5. Side pass (nach rechts und links)

Jog zur Brücke

6. Brücke
7. Lope durch Pylone