

| Trippeln Fredagsmedeln | | | | | |
|------------------------|--------|--------|-------------------|---|---|
| D18 | | 3,1 km | | | |
| ▷ | | ⊗ | | ◡ | |
| 1 | 146 | ▲ | 1,5 | ○ | |
| 2 | 145 → | ▲ | 1,5 | ◦ | |
| 3 | 153 ↑ | ▲ | 1,5 | ◦ | |
| 4 | 112 ↑ | ⊖ | | | |
| 5 | 125 | ○ | — | ◦ | |
| 6 | 178 | ▲ | 1,7 | ◦ | |
| 7 | 179 | ⊖ | | | |
| 8 | 124 ↑ | ∩ | | | |
| 9 | 160 ↑ | ⊖ | | | |
| 10 | 161 | ∩ | | | |
| 11 | 166 | ∪ | | | |
| 12 | 168 | ▲ | $\frac{1,8}{1,0}$ | | |
| 13 | 165 | ∩ | | | |
| ○ | 210 m | | | | ○ |