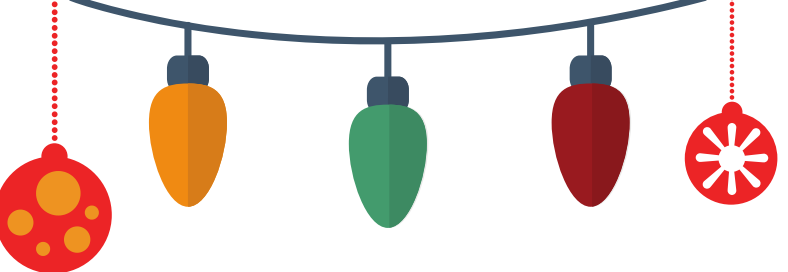


DESEMBER 2019

MÍN MARKMIÐ



SUN	MÁN	ÞRI	MIÐ	FIM	FÖS	LAU
1 30MÍN / 3KM	2 3X 10	3 2X 20	4 20	5 30	6 2X 60SEK	7 2X 15
8 30MÍN / 3KM	9 2X 15	10 2X 15	11 3X 45SEK	12 2X 15	13 25	14 2X 15
15 30MÍN / 3KM	16 2X 60SEK	17 2X 15	18 3X 12	19 2X 15	20 2X 20	21 2X 20
22 3X 10	23 30	24 30MÍN / 3KM	25 2X 20	26 3X 10	27 30	28 2X 25
29 3X 45SEK	30 2X 20	31 30MÍN / 3KM				

MS FÉLAG ÍSLANDS