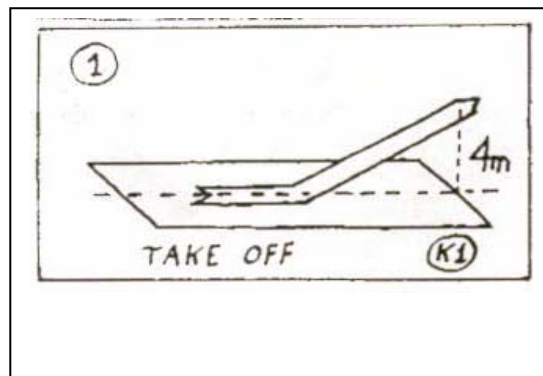
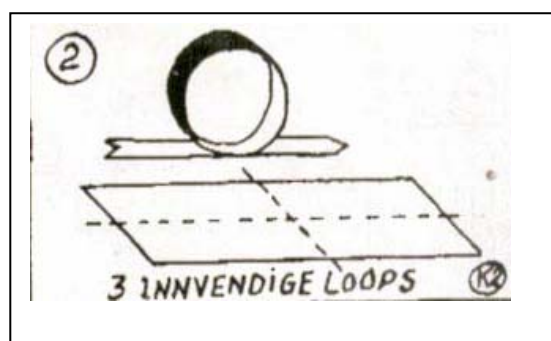


## Beskrivelse Vesterålen Fly-cup øvelser

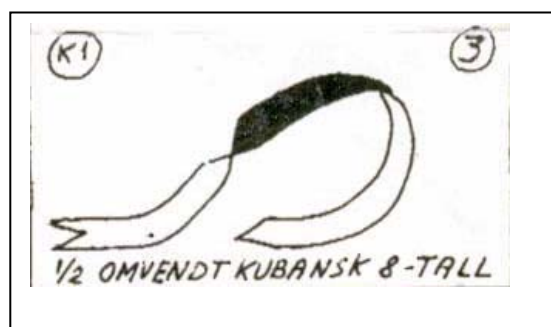
- 1: Take off **m / fri vending**  
Trimminnlegg **m/fri vending**



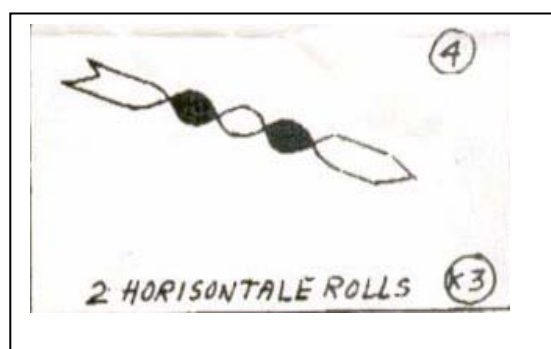
- 2: Tre innvendige looper (**direkte til**)



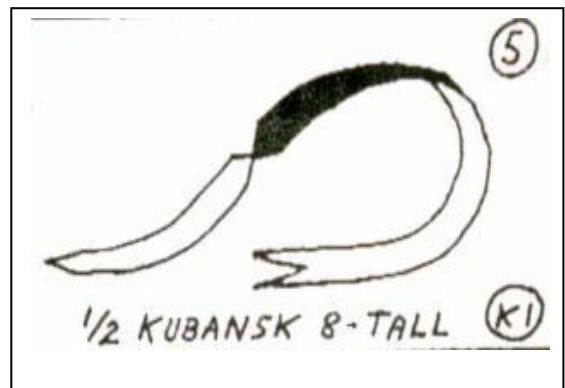
- 3: Halvt omvendt kubansk 8-tall



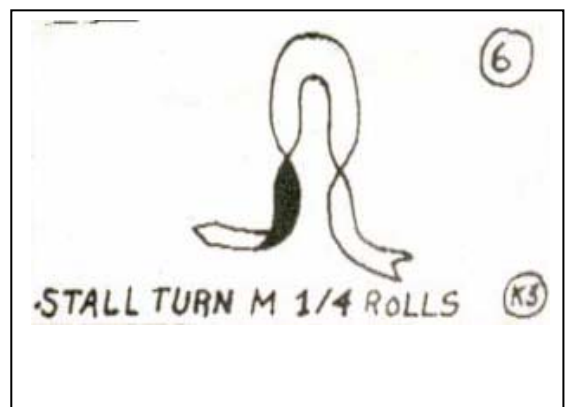
- 4: To horisontale roller (**direkte til**)



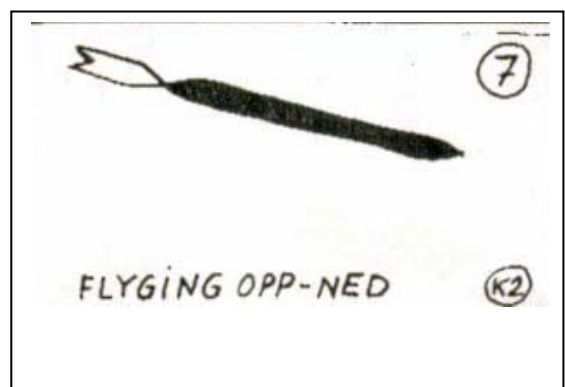
**5: Halvt kubansk 8-tall**



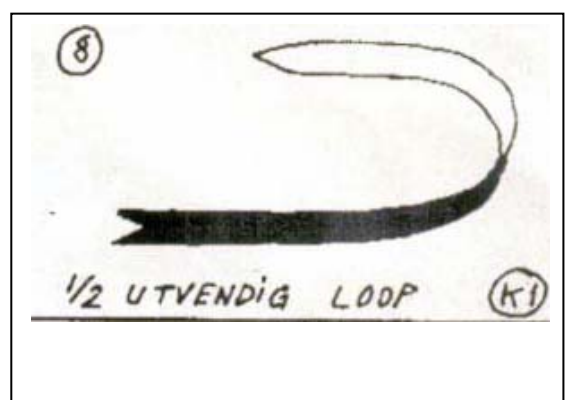
**6: Stall turn med 1/4 roll, fri vending**



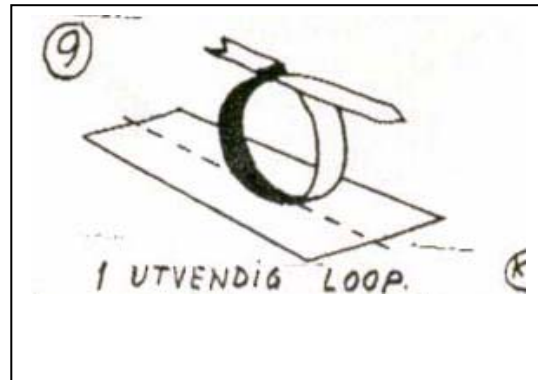
**7: 3 sekund ryggflyging (direkte til)**



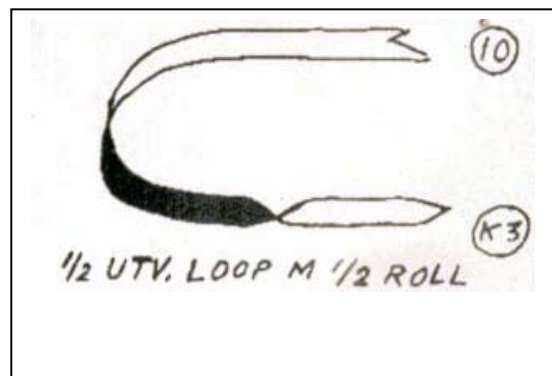
**8: 1/2 utvendig loop (direkte til)**



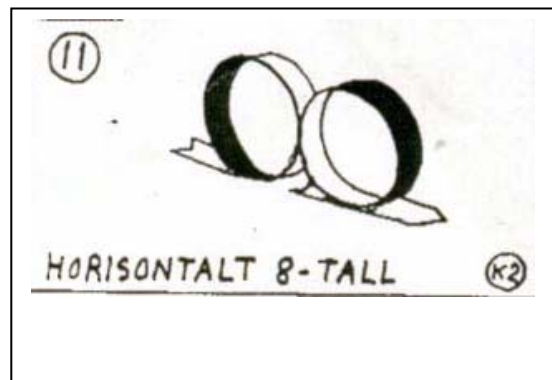
**9: 1 utvendig loop (direkte til)**



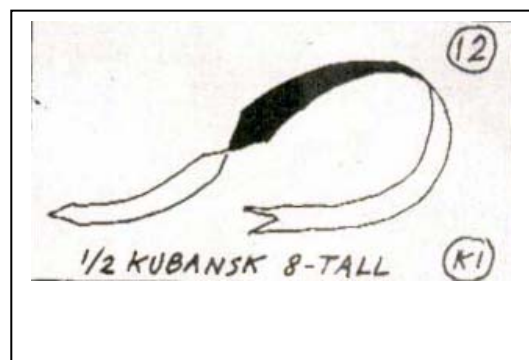
**10: 1/2 utvendig loop med 1/2 roll, fri vending**



**11: Horisontalt 8-tall (direkte til)**



**12: Halvt kubansk 8-tall  
Landingsinnlegg m/fri vending**



### 13: Landing

