

## Gemensamma pass SUB 8.15 2026 Lygnens Vänner

| Vecka | Veckodag | Datum      | Typ av pass           | Distans (km) | Starttid | Samlingsplats             | Namn på rutt  | Länk till rutt  |
|-------|----------|------------|-----------------------|--------------|----------|---------------------------|---|---|
| 15    | söndag   | 2026-04-12 | Distanspass           | 123          | 09:00    | Åby                       | Åby - Anneberg - Ubbhult - Hindås + 1,5x Hällesåkersvägen | <a href="https://www.strava.com/routes/3454720643993701240">https://www.strava.com/routes/3454720643993701240</a> |
| 16    | söndag   | 2026-04-19 | Distanspass           | 150          | 09:00    | Cirkle K Tingstad         | Kungälv - Svartedalen - Lilla Edet                        | <a href="https://www.strava.com/routes/3389224541290585668">https://www.strava.com/routes/3389224541290585668</a> |
| 17    | söndag   | 2026-04-26 | Distanspass           | 161          | 09:00    | ST1, S:t Sigfridsgatan 91 | Mjörn runt förlängd                                       | <a href="https://www.strava.com/routes/3408121181827383942">https://www.strava.com/routes/3408121181827383942</a> |
| 18    | söndag   | 2026-05-03 | Distanspass           | 155          | 09:00    | Cirkle K Tingstad         | Kungälv - Lilla Edet                                      | <a href="https://www.strava.com/routes/3341344482669219084">https://www.strava.com/routes/3341344482669219084</a> |
| 19    | söndag   | 2026-05-10 | Vårläger: Distanspass | 160          |          | Hallandsåsen              |   |   |
| 20    | söndag   | 2026-05-17 | Distanspass           | 186          | 09:00    | Åby                       | Varberg ToR via Lygnern                                   | <a href="https://www.strava.com/routes/3408180987712135390">https://www.strava.com/routes/3408180987712135390</a> |
| 21    | söndag   | 2026-05-24 | Distanspass           | 197          | 09:00    | ST1, S:t Sigfridsgatan 91 | Runt Borås  | <a href="https://www.strava.com/routes/3389241547956189662">https://www.strava.com/routes/3389241547956189662</a> |
| 22    | söndag   | 2026-05-31 | Distanspass           | 210          | 09:00    | Sävedalen                 | Hunnebergsrundan  | <a href="https://ridewithgps.com/routes/27518504">https://ridewithgps.com/routes/27518504</a>                     |
| 23    | söndag   | 2026-06-07 | Distanspass           | 143          | 09:00    | Åby                       | Varberg ToR   | <a href="https://ridewithgps.com/routes/45077616">https://ridewithgps.com/routes/45077616</a>                     |