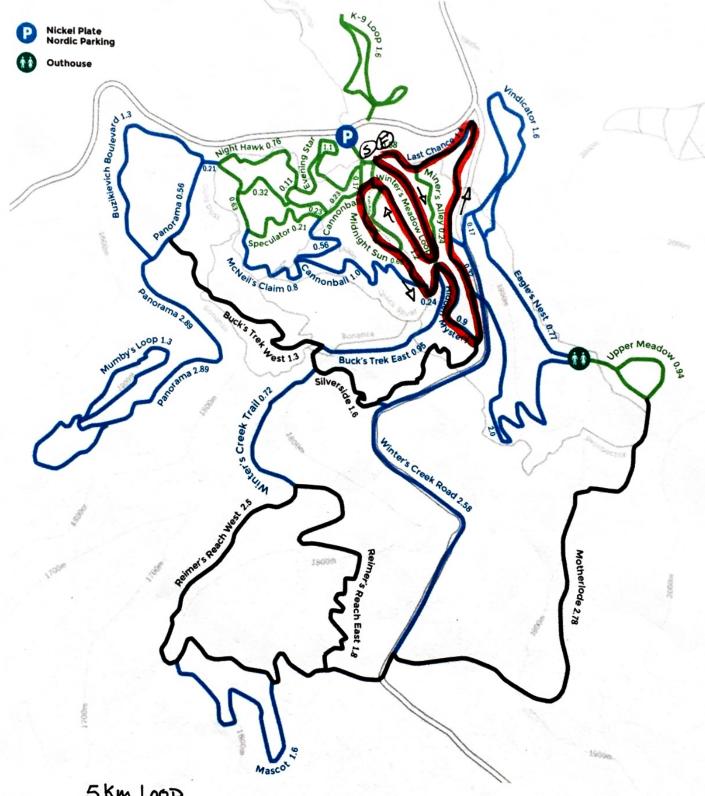


10km Loop

10 km course = 1x10

15 km course = 1x10 + 1x5

25 km course = 2x10 + 1x5

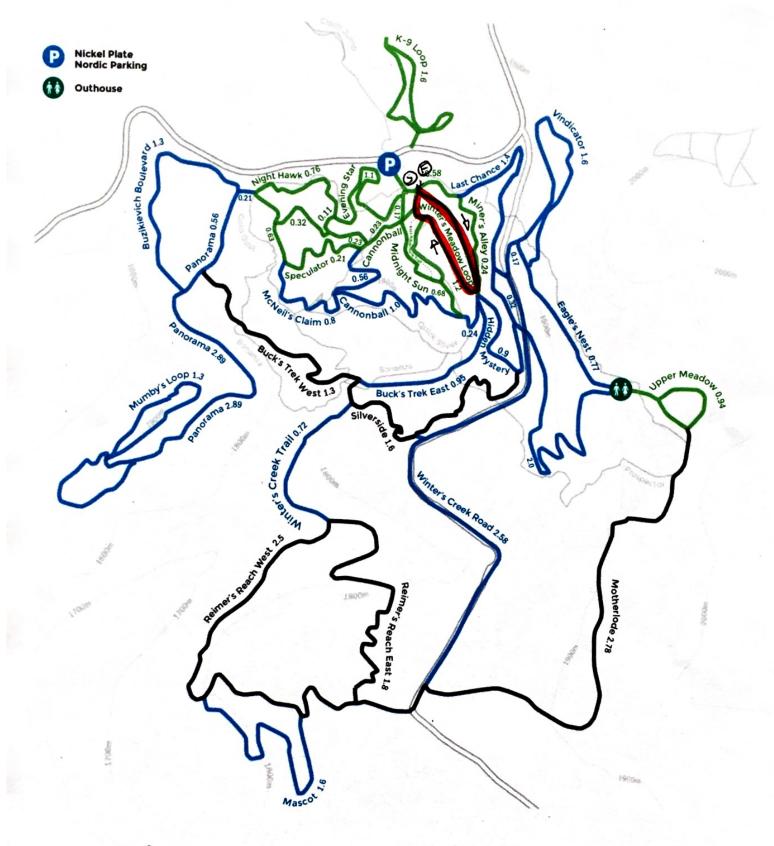


5 Km LOOP

5 km course = 1x5

15km course = 1x10 1×5

1×5 25km course = 2x10 +



1.5 km Course