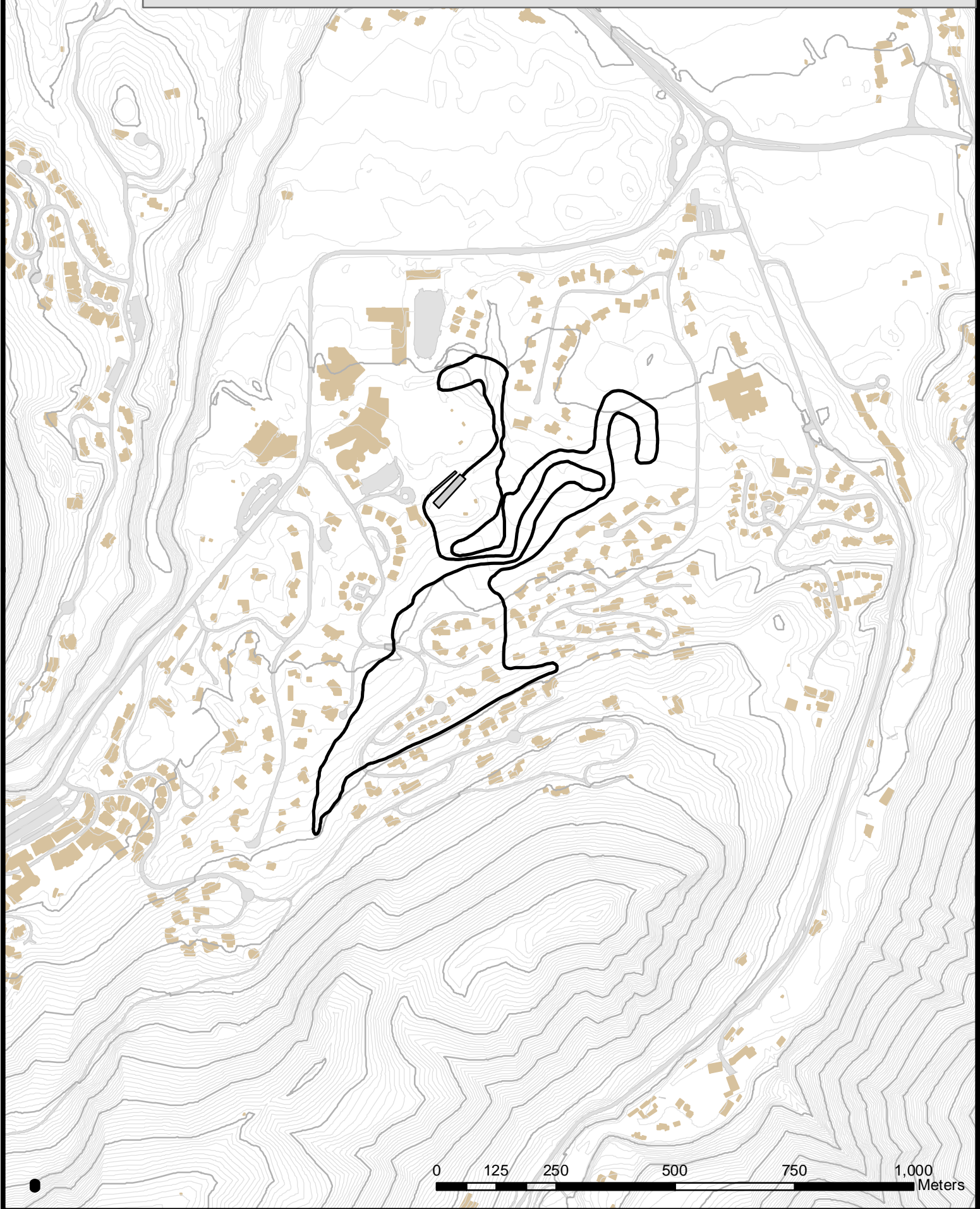


5 & 10km Individual & Mass Start Distance Course



0 125 250 500 750 1,000 Meters