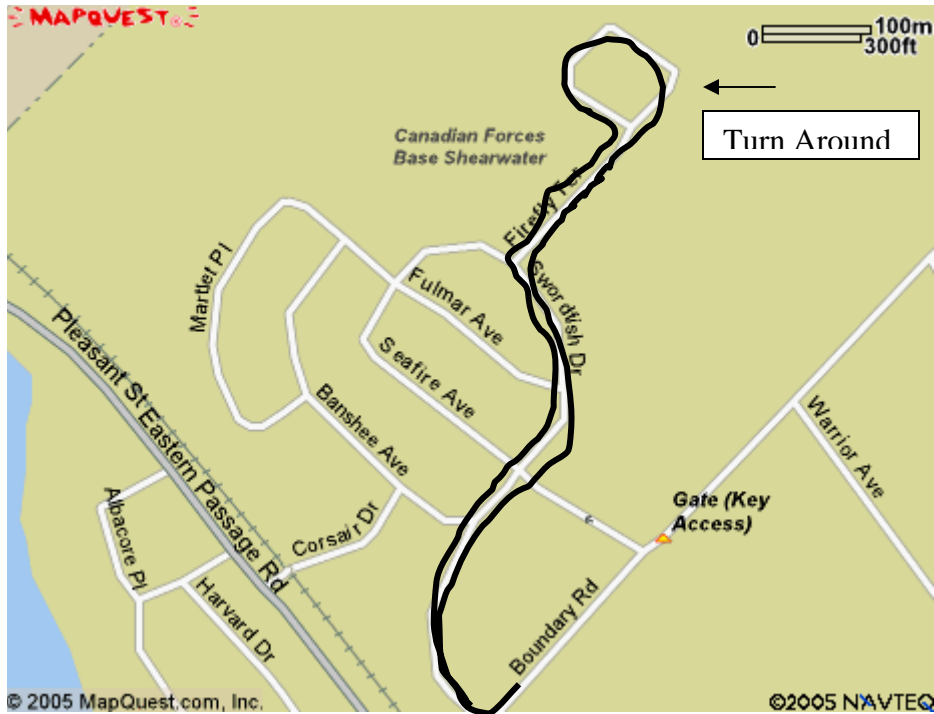


Sprint & Run Course 5km. Out and Back 3 times



Super Sprint 1 - 4km Out and Back 3 times



Super Sprint 2 and Duathlon – 3km – Out and Back 3 times



Sprint Duathlon 1km – Out and Back Once

