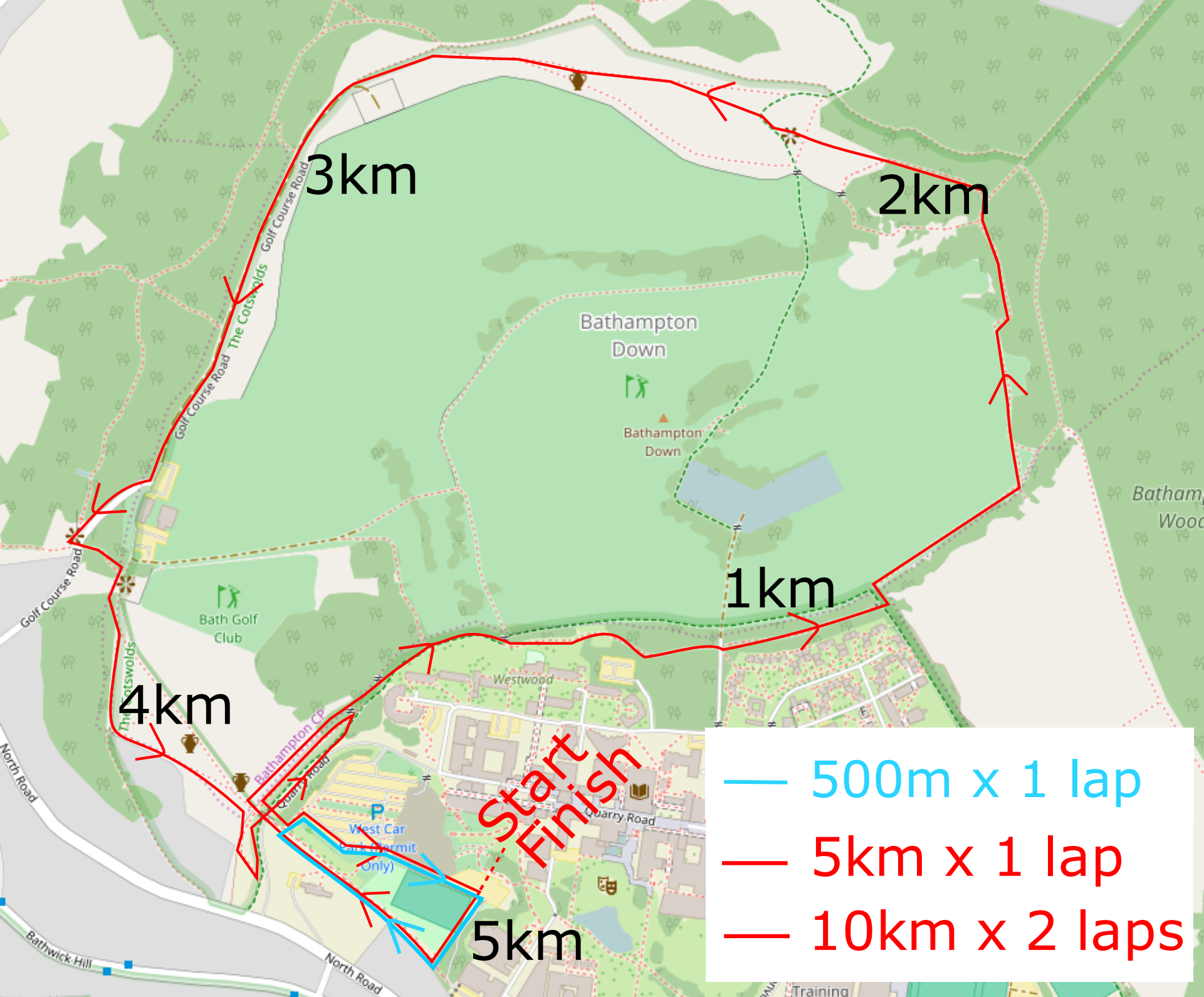




- 500m x 1 lap
- 5km x 1 lap
- 10km x 2 laps

