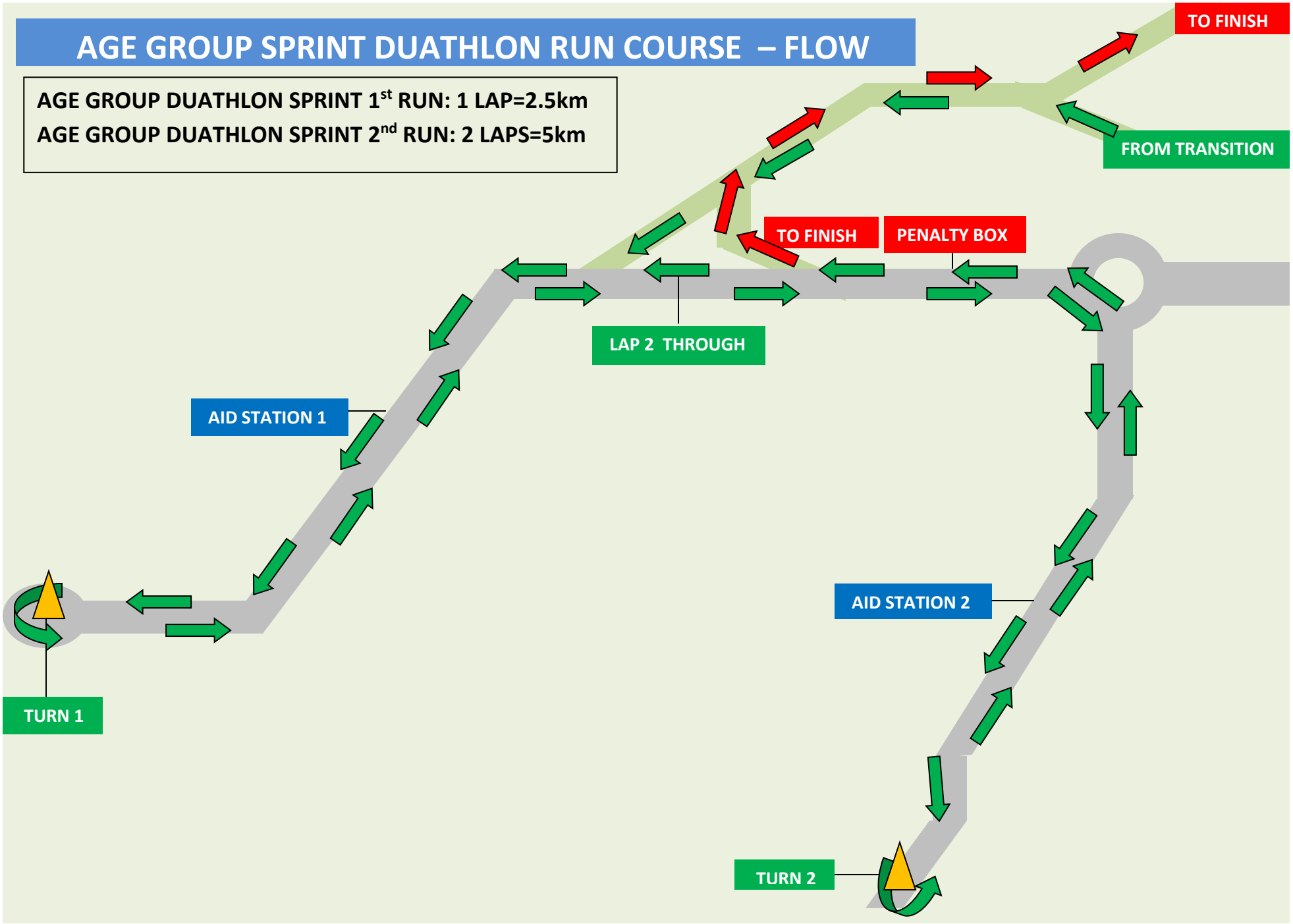
AGE GROUP SPRINT DUATHLON RUN COURSE – FLOW

AGE GROUP DUATHLON SPRINT 1st RUN: 1 LAP=2.5km
AGE GROUP DUATHLON SPRINT 2nd RUN: 2 LAPS=5km