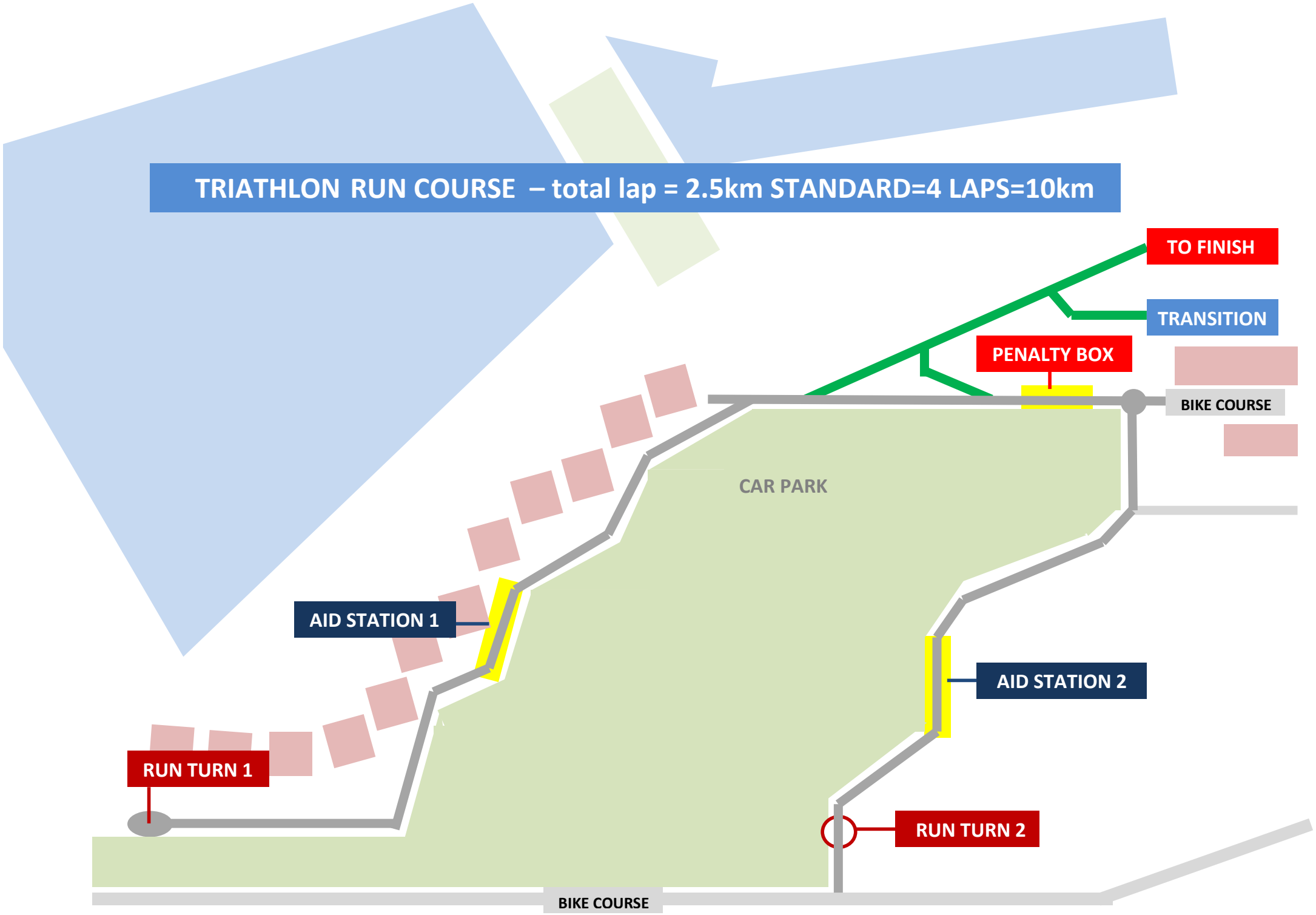TRIATHLON RUN COURSE – total lap = 2.5km STANDARD=4 LAPS=10km