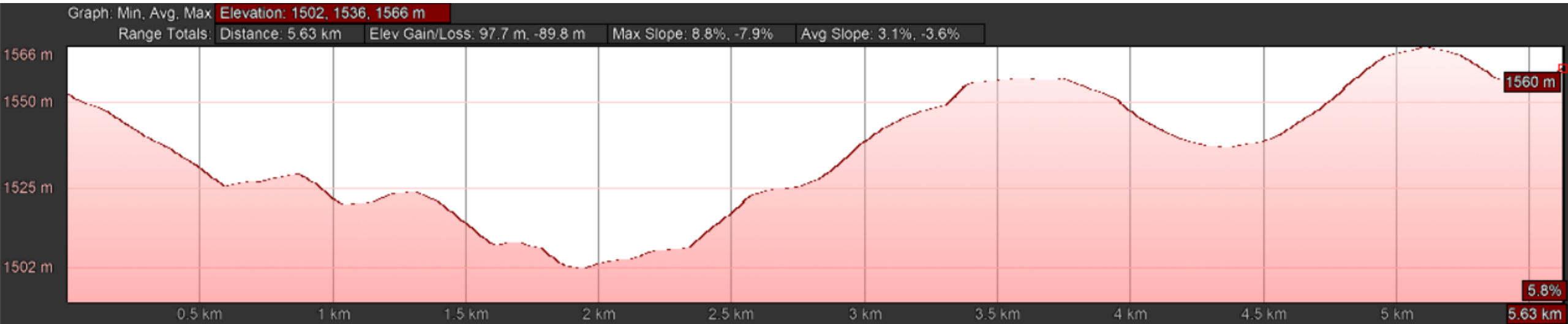


5km route



5km elevation profile



10km route



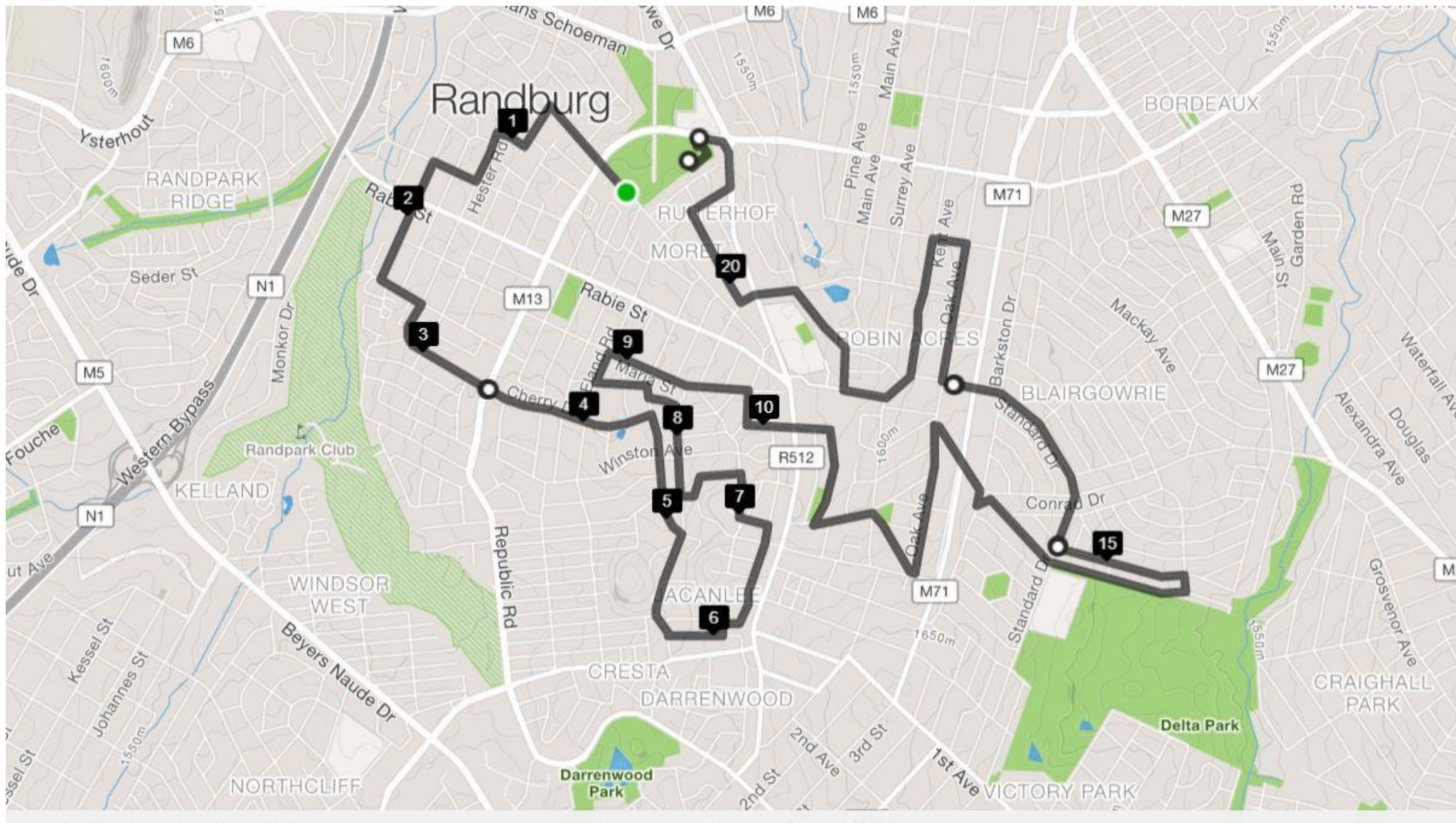
10km elevation profile



21km route



21km route



21km elevation profile

