

10km Route



Route measured on 2019/01/16-17 by:
Pieter de Jager
IAAF/AIMS "A" Route Measurer
dejagerp7@gmail.com
083 442 4295

Profile Data
Start Height = 1508m
Finish Height = 1508m
Highest Point = 1521m @ 3.9km & 8.7km
Lowest Point = 1501m @ 5.8km

