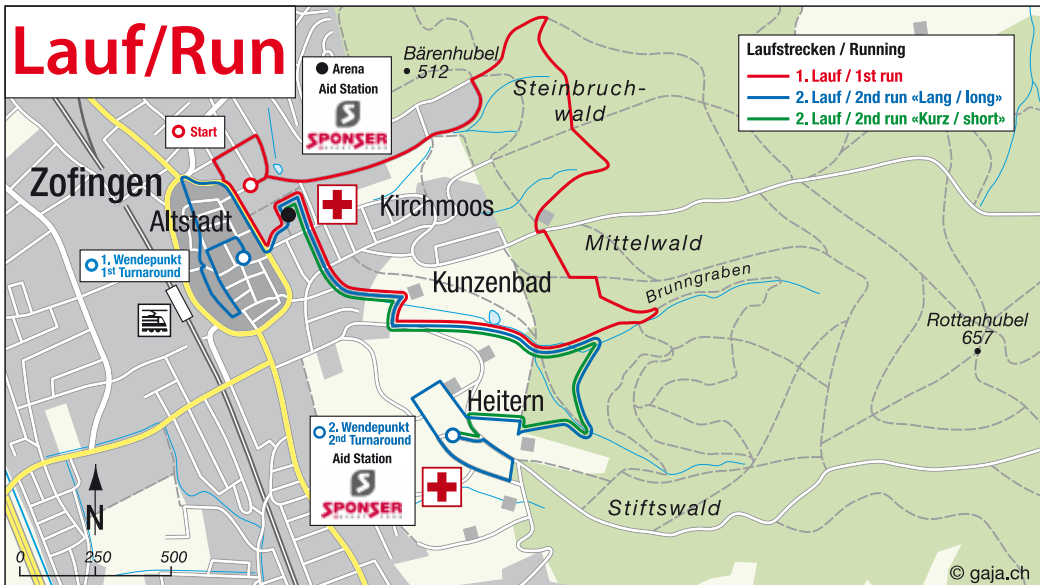


Lauf/Run



Laufstrecken / Running

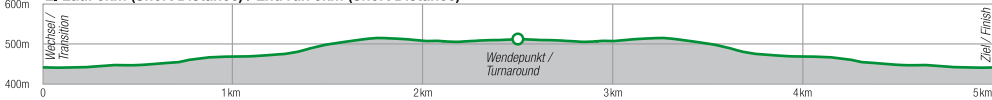
- 1. Lauf / 1st run
- 2. Lauf / 2nd run «Lang / long»
- 2. Lauf / 2nd run «Kurz / short»

Streckenprofil / Route Profile

1. Lauf 10km (2 Runden à 5km) / 1st run 10km (2 laps à 5km)



2. Lauf 5km (Short Distance) / 2nd run 5km (Short Distance)



2. Lauf 30km (Long Distance) / 2nd run 30km (Long Distance)

