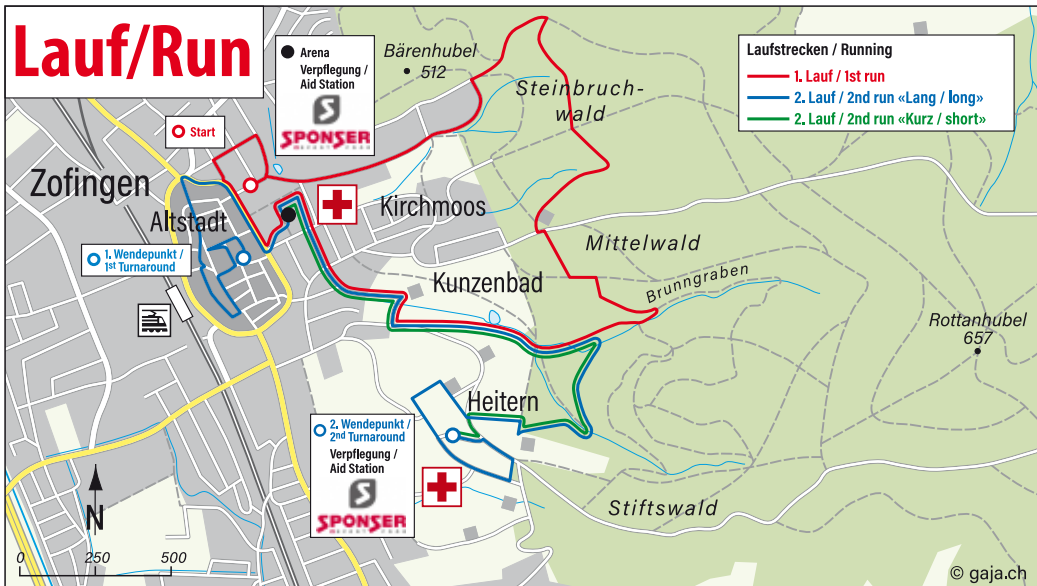


# Lauf/Run

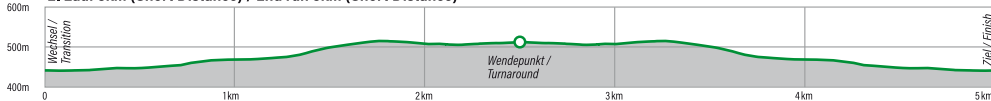


## Streckenprofil / Route Profile

**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)**

