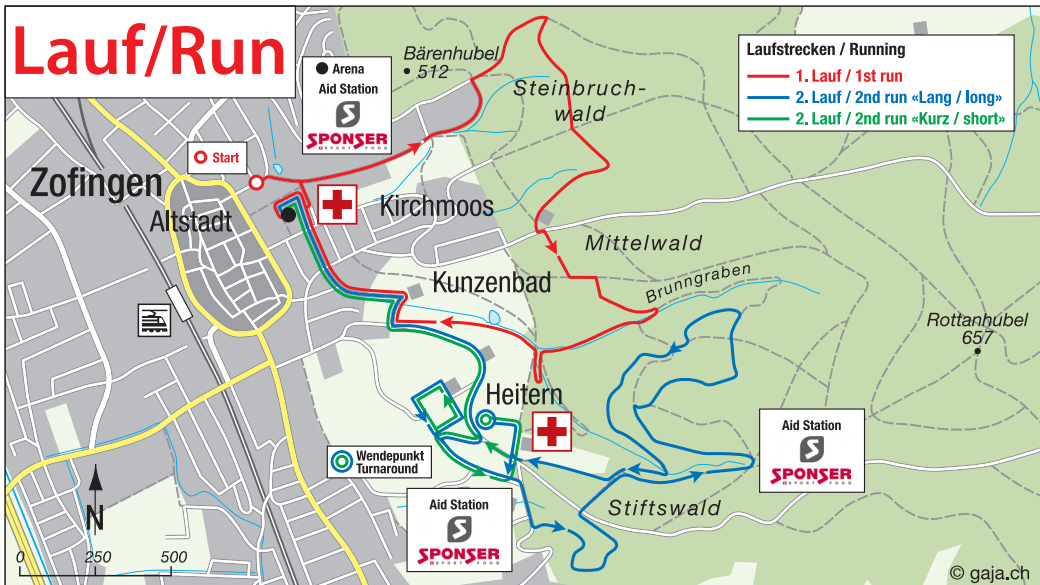


# Lauf/Run



**Laufstrecken / Running**

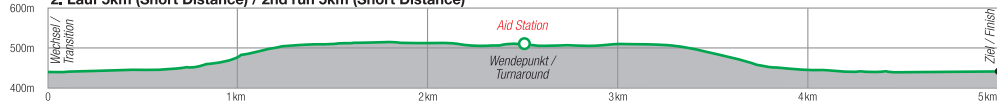
- 1. Lauf / 1st run
- 2. Lauf / 2nd run «Lang / long»
- 2. Lauf / 2nd run «Kurz / short»

## 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 10km (Long Distance) / 2nd run 10km (Long Distance)**

