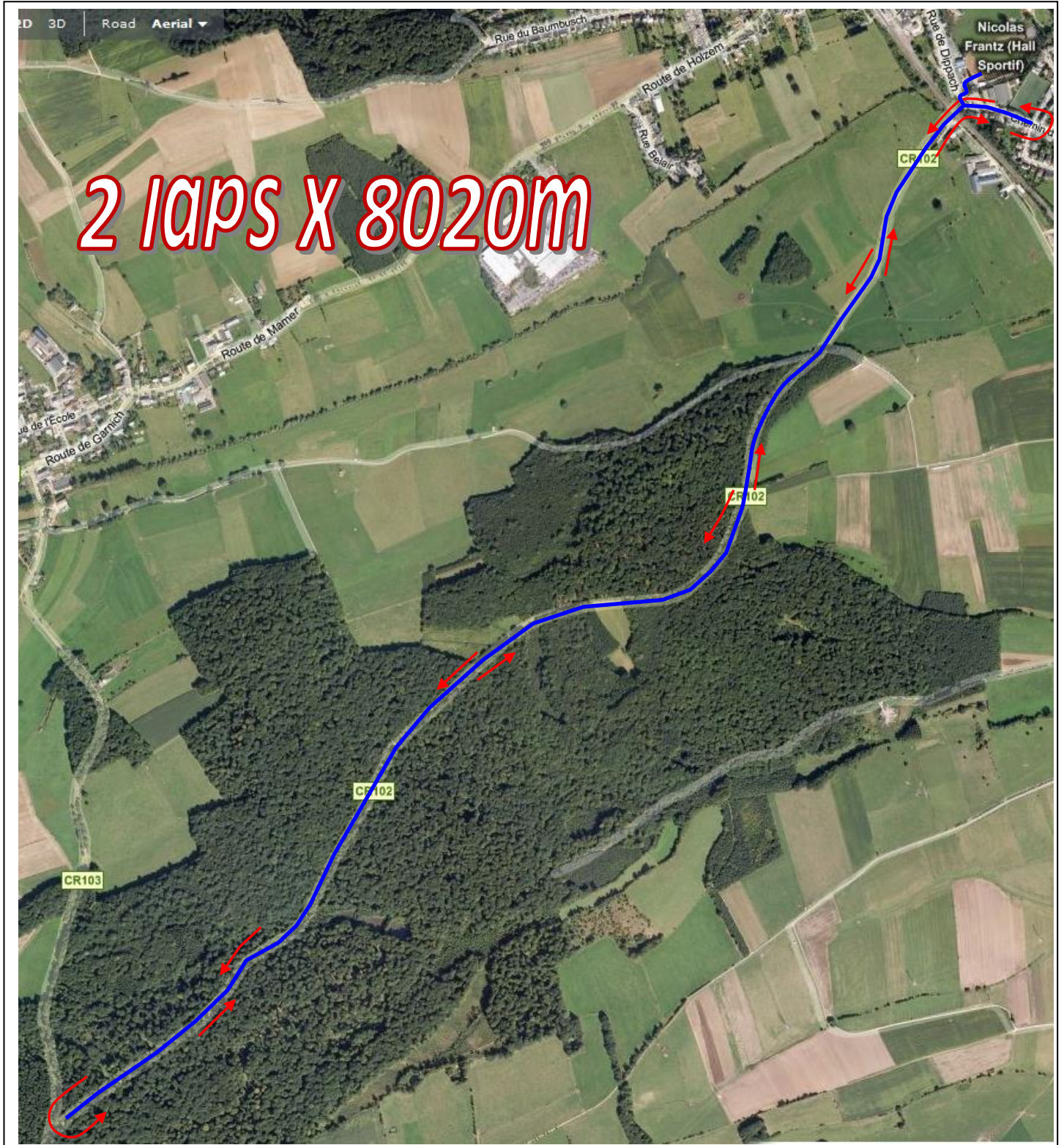


# INTERNATIONAL MAMER DUATHLON YOUTH A JUNIORS PROMO BIKE TRACK







# **INTERNATIONAL MAMER DUATHLON YOUTH A JUNIORS PROMO RUN TRACK**

**1st run 3.500m:**

**1/2 lap 200m stadium + 2 laps x 1650m**

**2nd run: 1.650m**

**1 lap x 1650m**