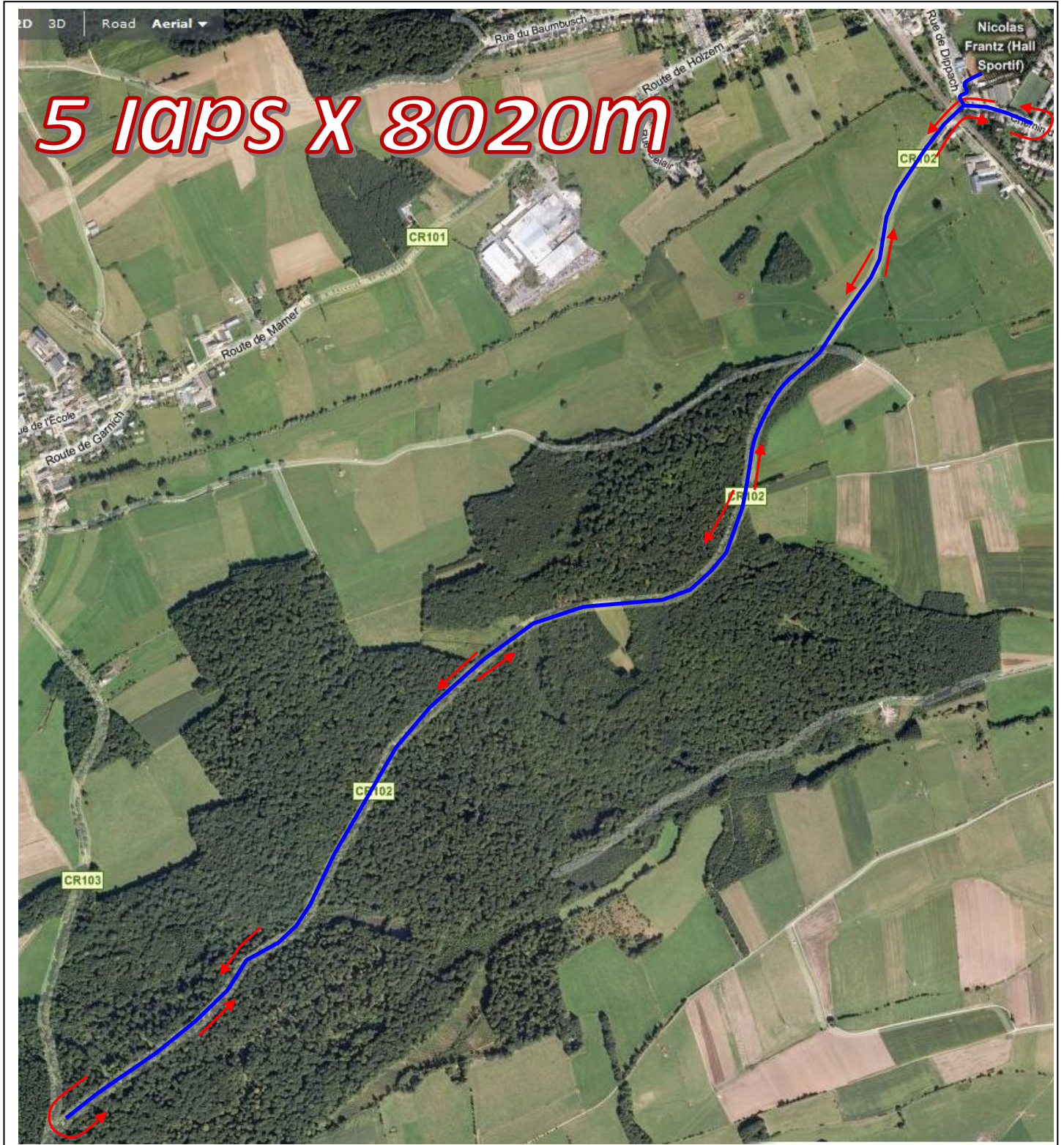


INTERNATIONAL MAMER DUATHLON BIKE TRACK





INTERNATIONAL MAMER DUATHLON RUN TRACK

**1st run 10.100m:
1/2 lap 200m stadium + 6 laps x 1650m**

2nd run:4.950m

3 laps x 1650m