Olympic distance - Run route
10 km (2 rounds of 5km each)

mapla neuSeen MAN

4 km

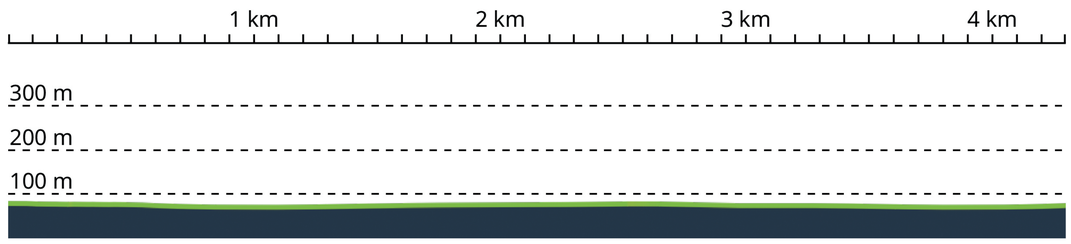
transition zone

1 km

2 km

3 km

FERROPOLIS

Gremminer See

Höhenprofil: 20 Höhenmeter