

5 km is direct out and back
 10 km does two laps between lap turn and 10km west turn
 1/2 marathon does three laps between lap turn and 1/2 west turn

RTR from LMRP Option 1



1/2 marathon west turn here

10 km west turn here

5 Km turn here

lap turn here

646 m

615 m

1

2

3

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