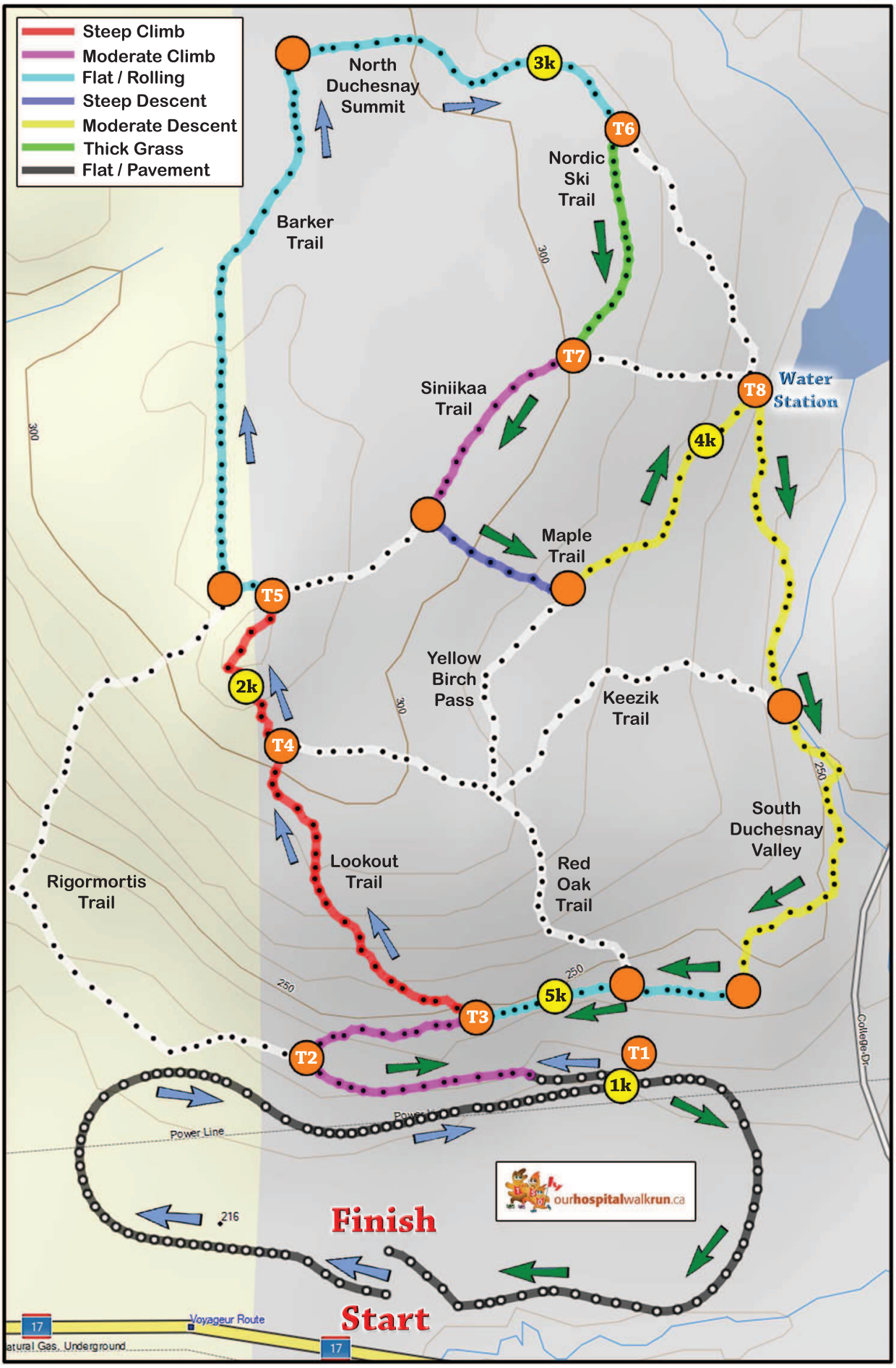
6.4 km Trail Run

Pavement - 1919m
Trail - 4520m
(115m elevation change)