



VO2Max - Rising Sun Country Park Trail Run

ROUTE INFORMATION

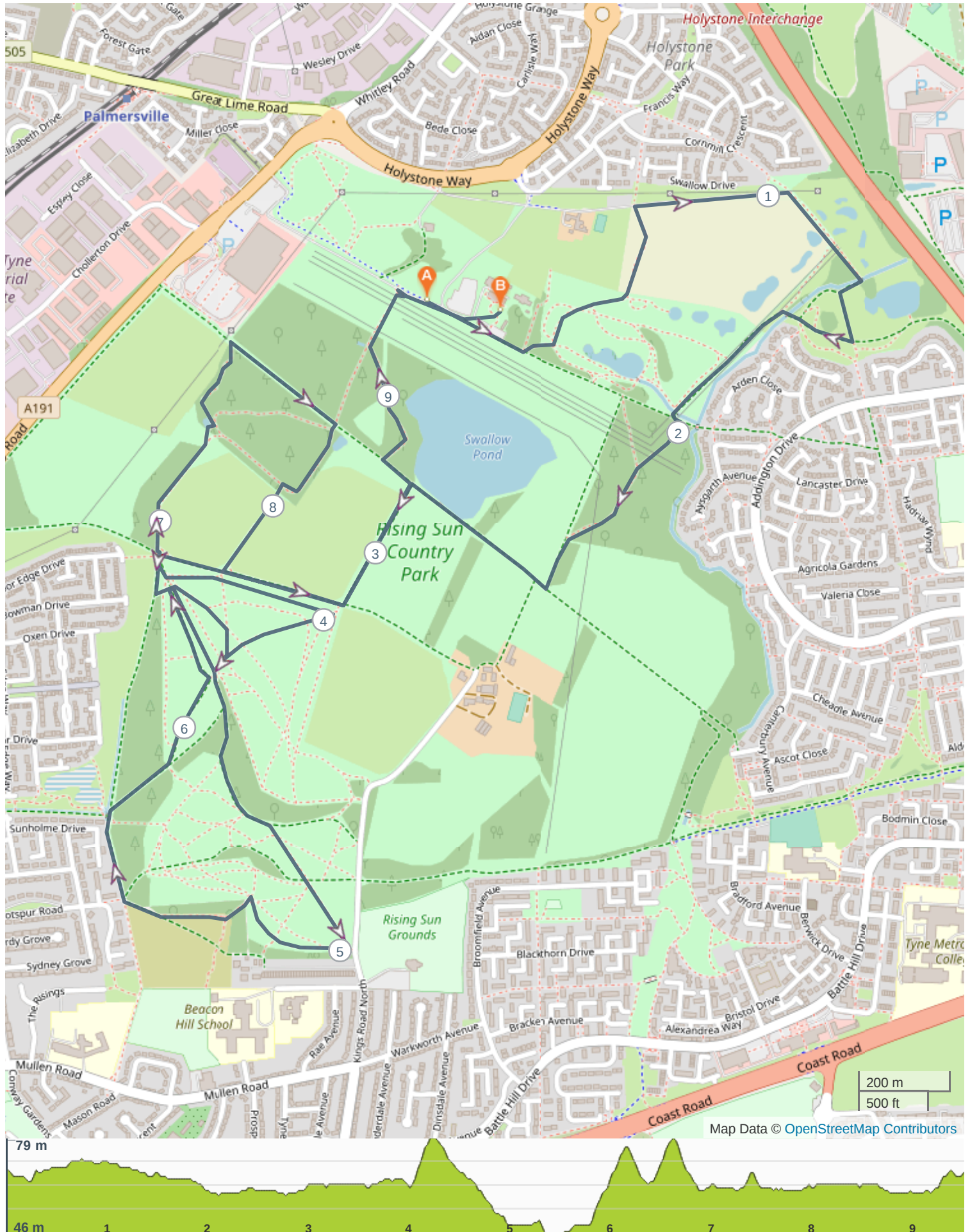


ROUTE LENGTH	9.508 km
ASCENT	94 m
DESCENT	95 m
HILLS	⬆ 30.5% ⬇ 34.3% ➡ 35.2%
TERRAIN	Mixed
START	LAT: 55.019731, LNG: -1.530949



NOTES

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ROUTE DIRECTIONS

No	Km	Turn	Directions
1	9.508		FINISH