

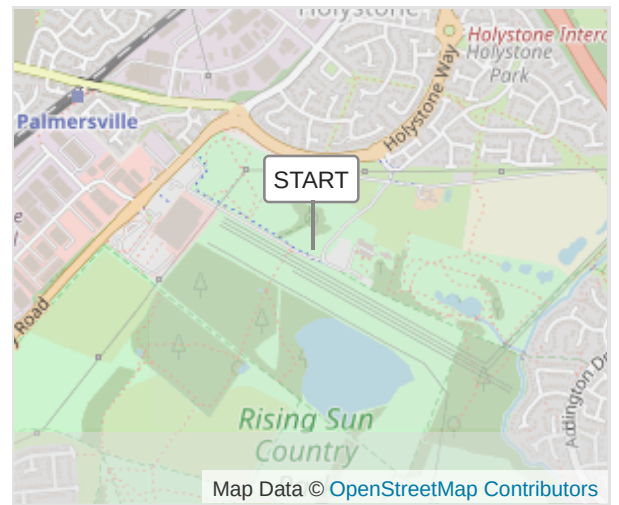


VO2Max - Rising Sun 10km Trail Run

ROUTE INFORMATION



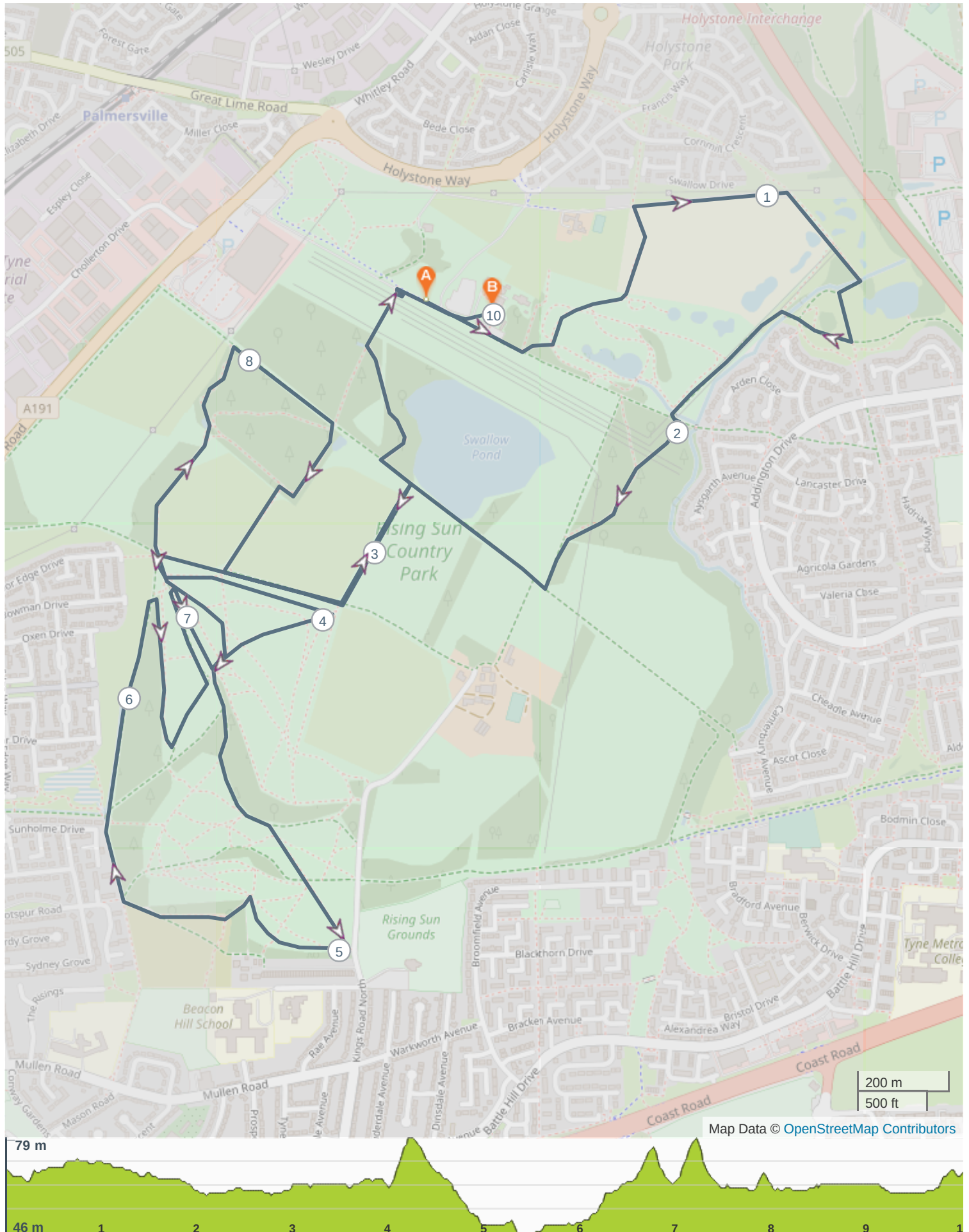
ROUTE LENGTH	10.000 km
ASCENT	94 m
DESCENT	93 m
HILLS	⬆ 31.5% ⬇ 34.2% ➡ 34.2%
TERRAIN	Mixed 
START	LAT: 55.019731, LNG: -1.530949



NOTES

V02Max 10k Rising Sun Trail Run. An undulating route along the trails , paths & grasslands of the Rising Sun country park.

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ROUTE DIRECTIONS

No	Km	Turn	Directions
1	10.000		FINISH