

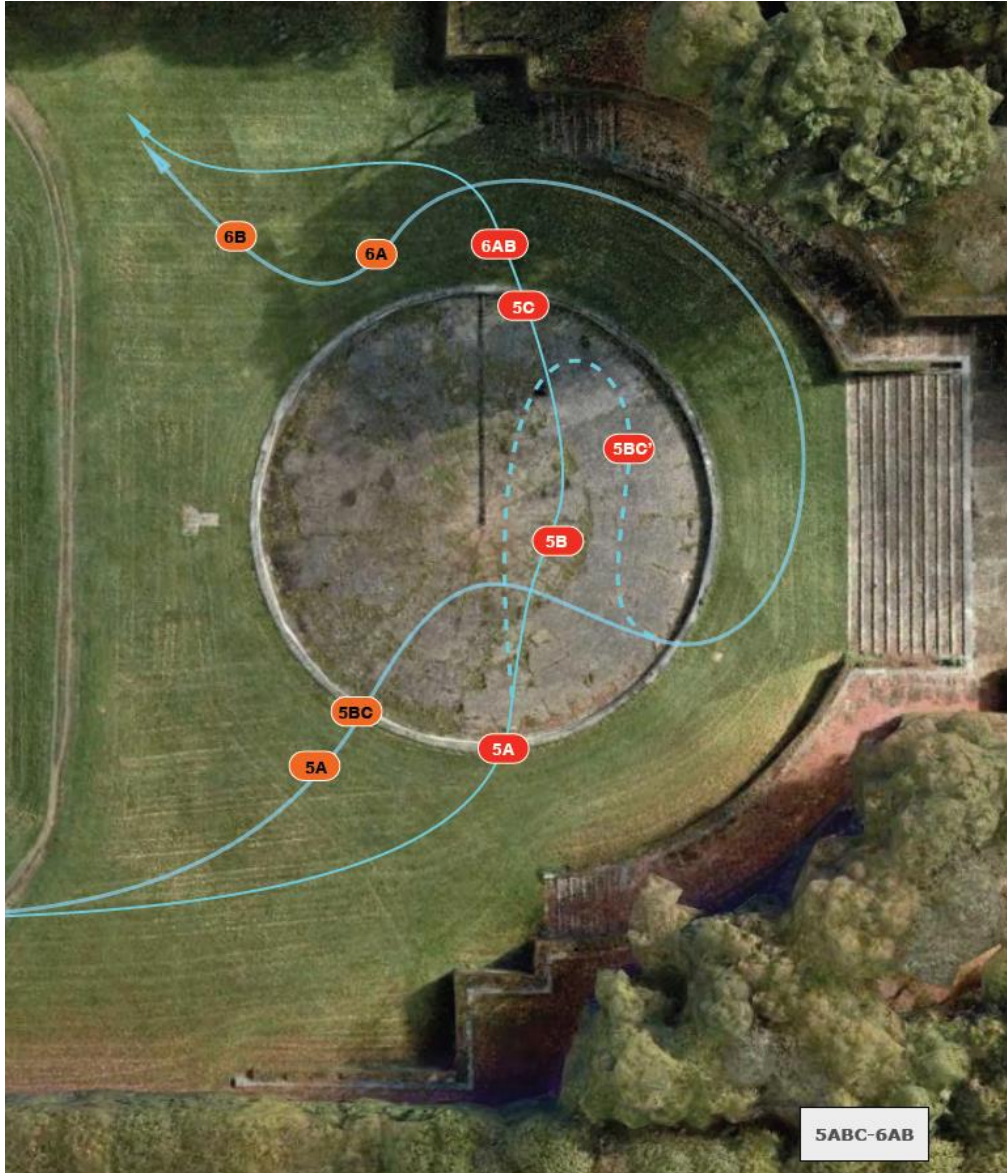


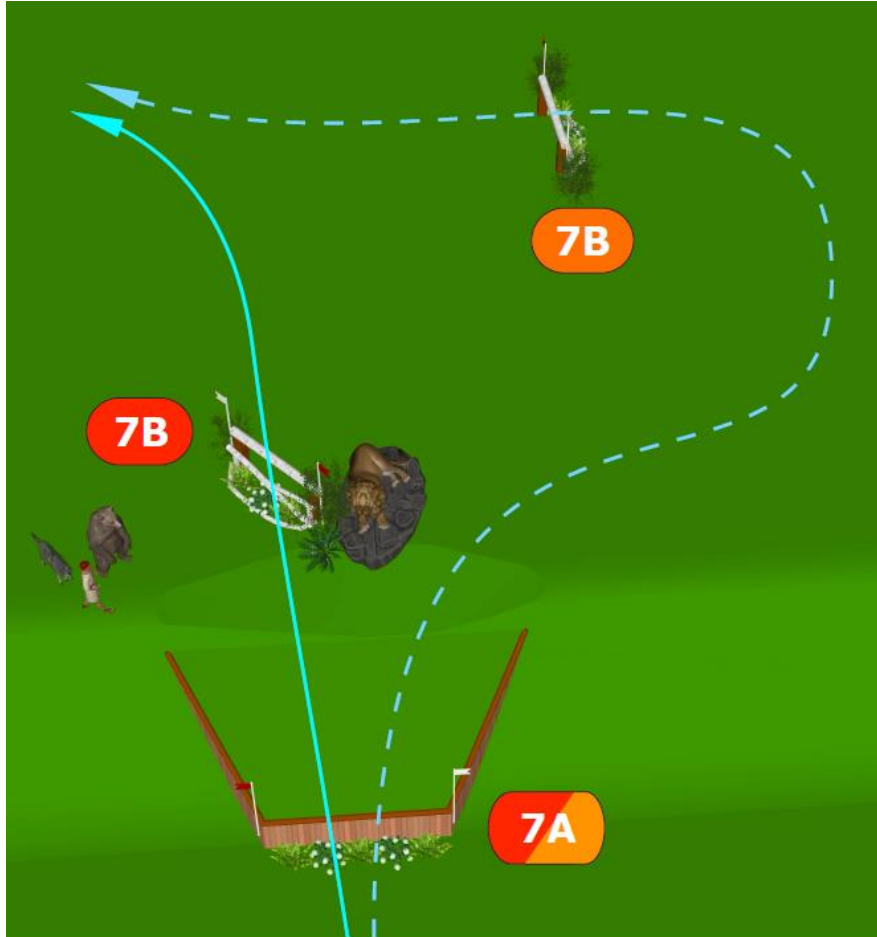
## Course Plan

### Parcours

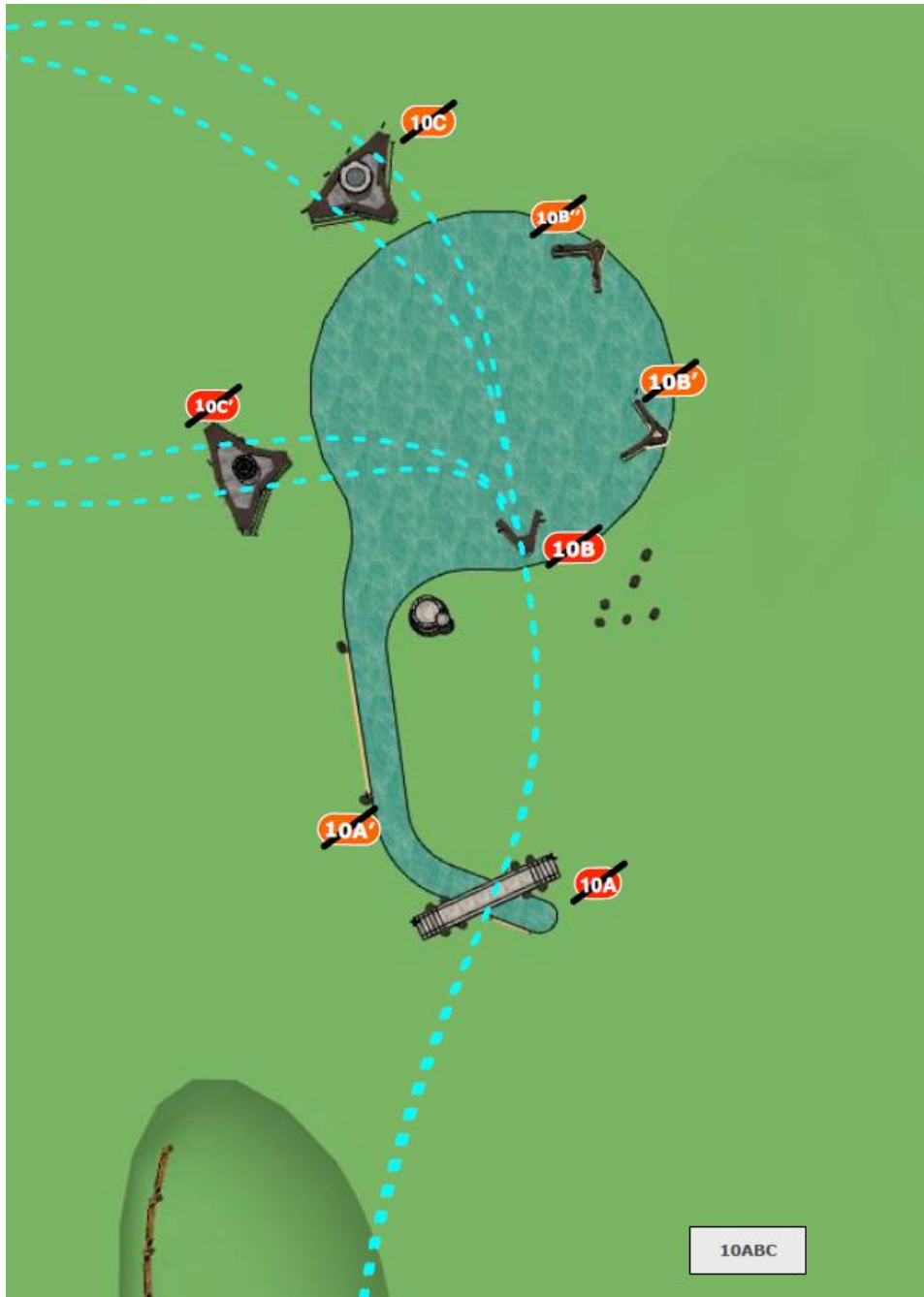
Cross Country Test Specifications	
Distance	5.149 metres
Speed	570 metres/minute
Time Allowed	9:02 minutes
Obstacles (efforts)	28 (41 efforts)
Time limit	18:04 minutes



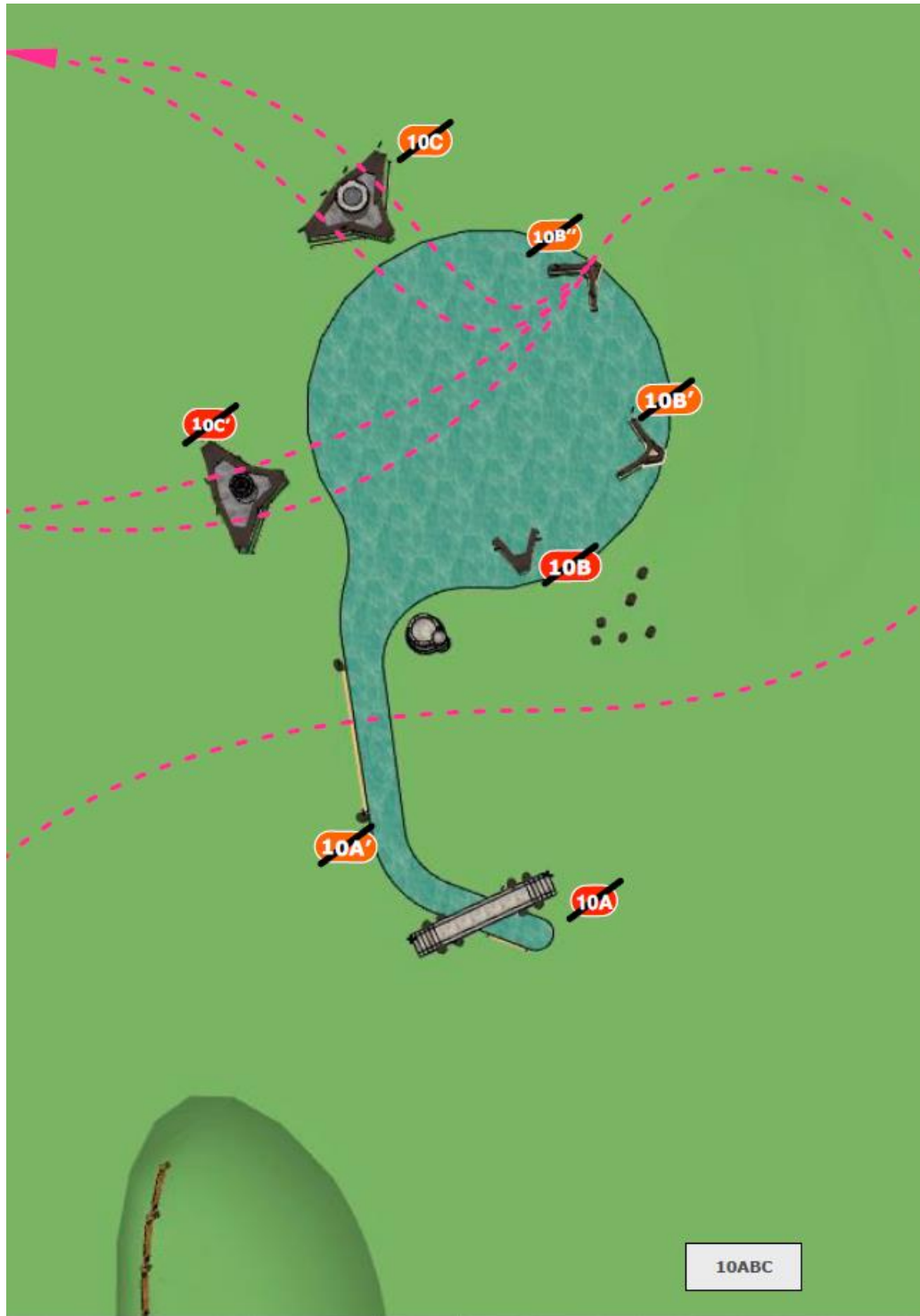




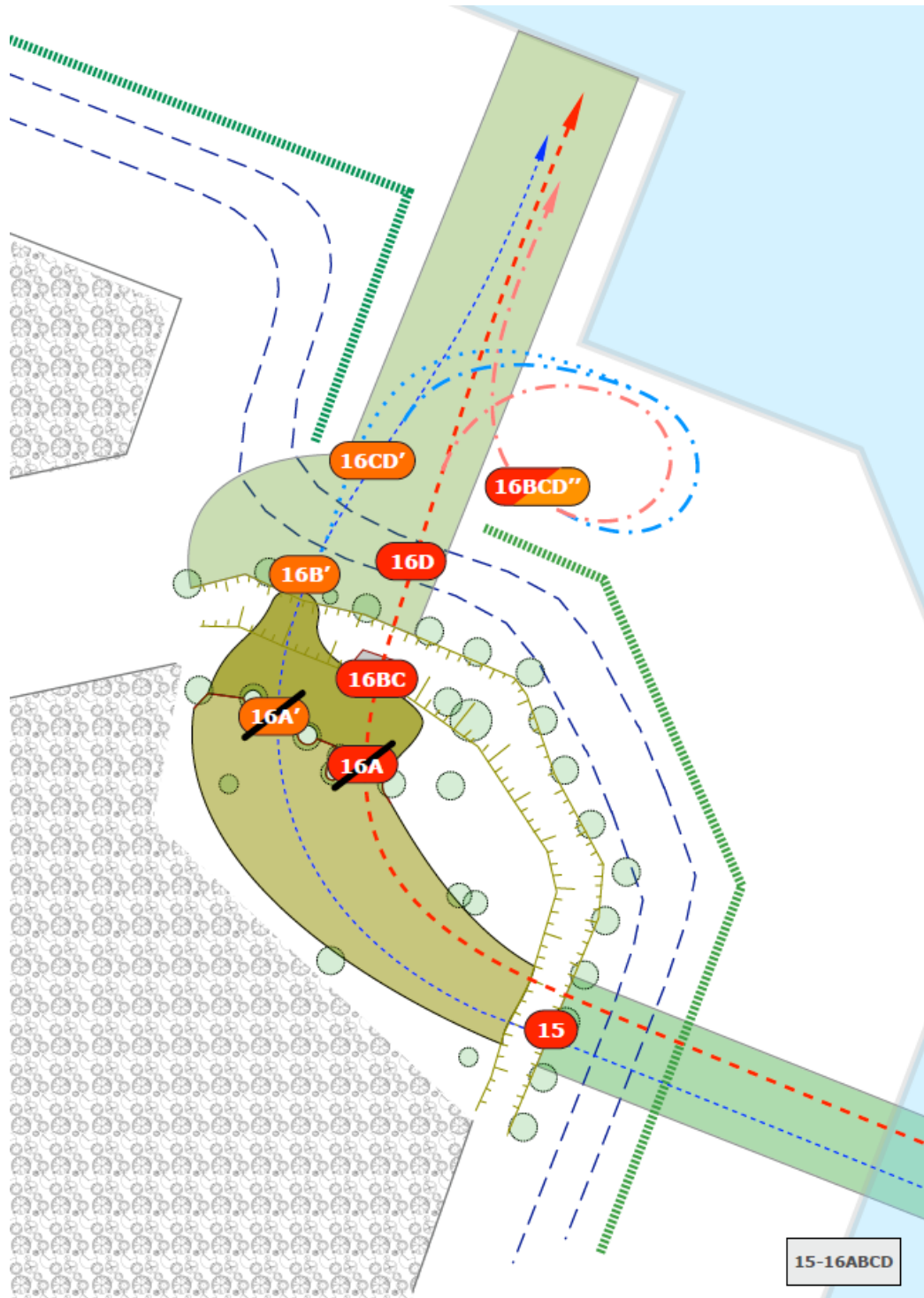
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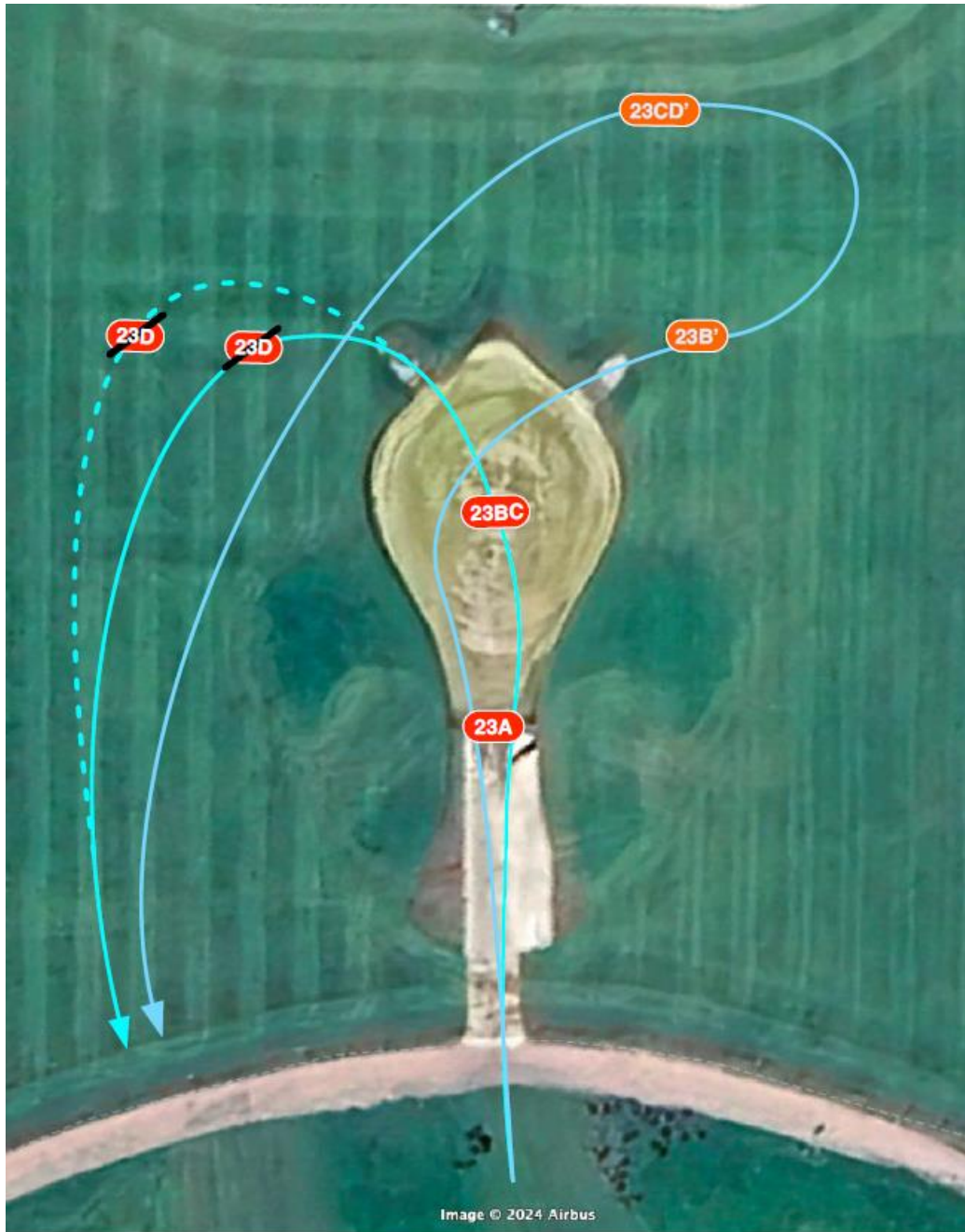


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