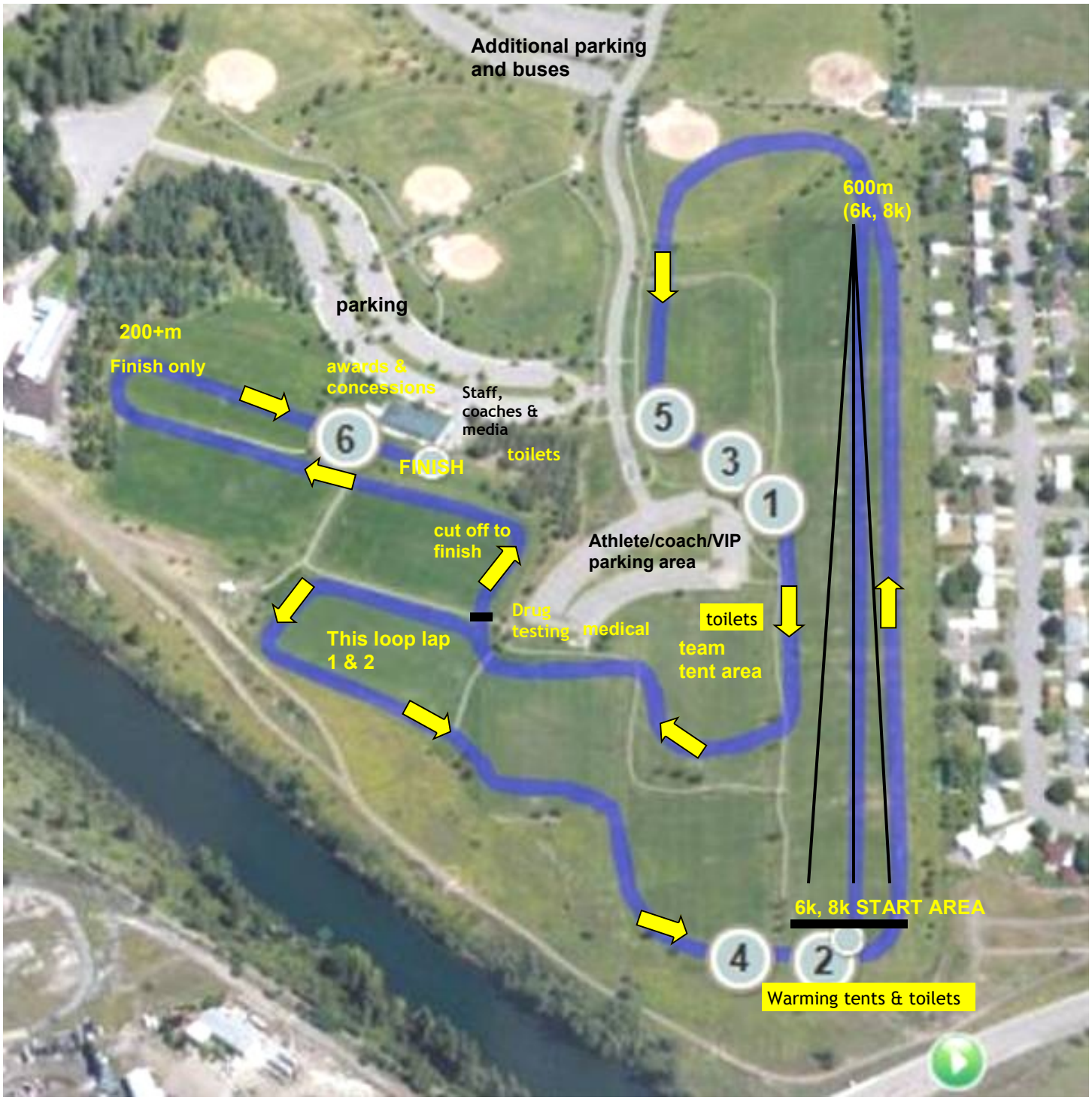
2011 CROSS COUNTRY CHAMPIONSHIPS



Women's 6k Course:

Lap 1 — 2 km
Lap 2 — 2 km
Lap 3 — 2 km (using cut off approx. 500m before the finish)

Total Distance 6k