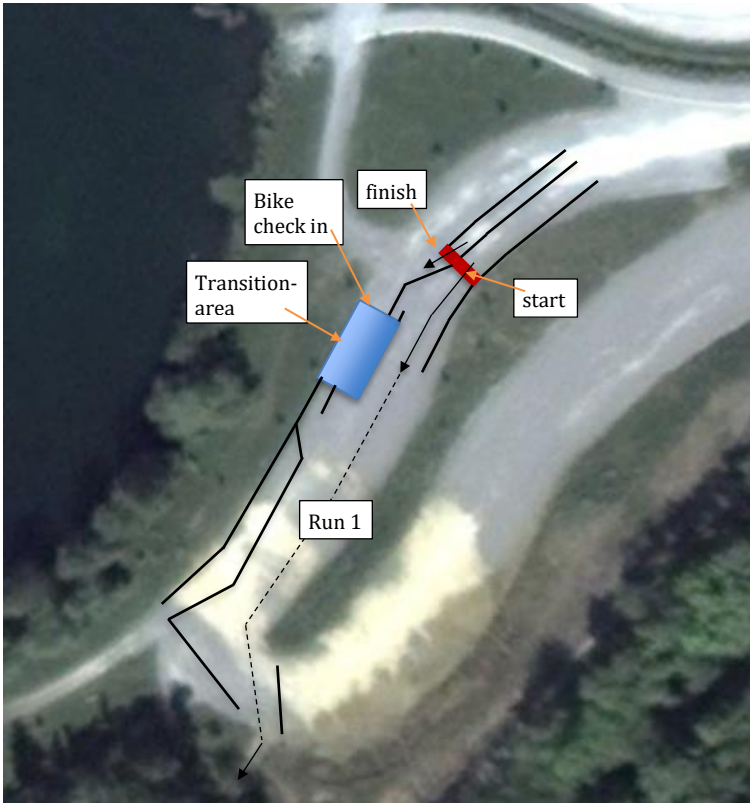
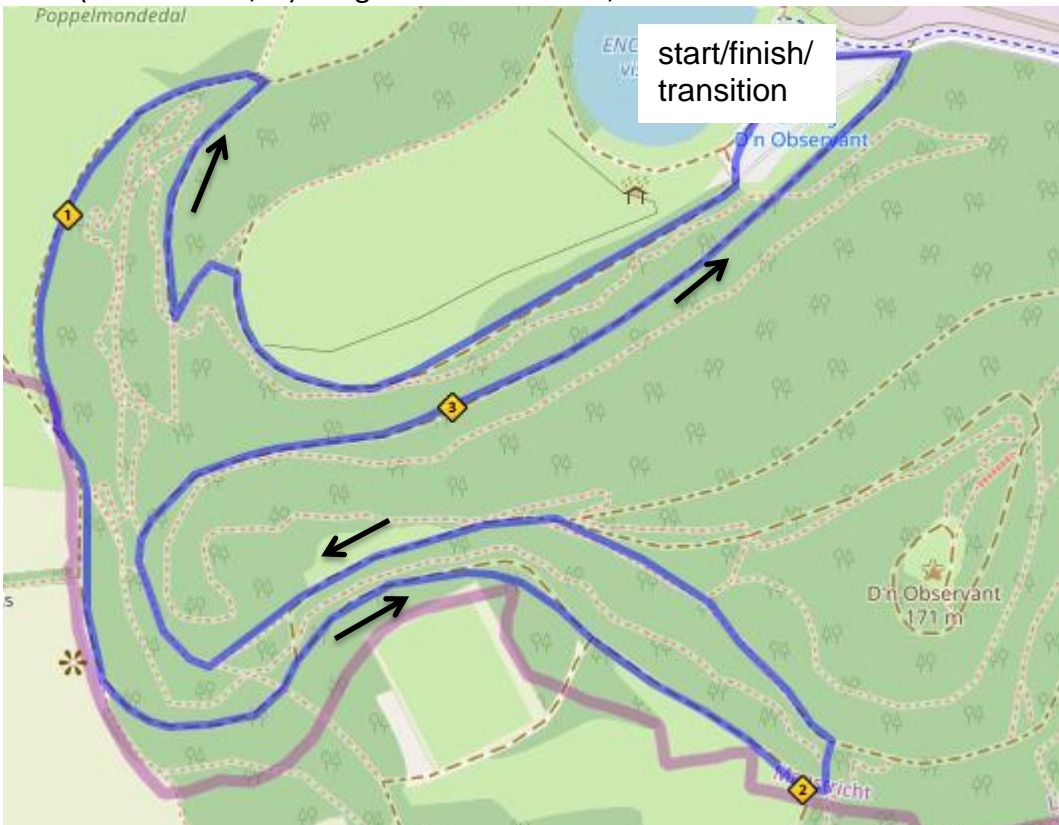


# Parkoersen Cross Duathlon Maastricht

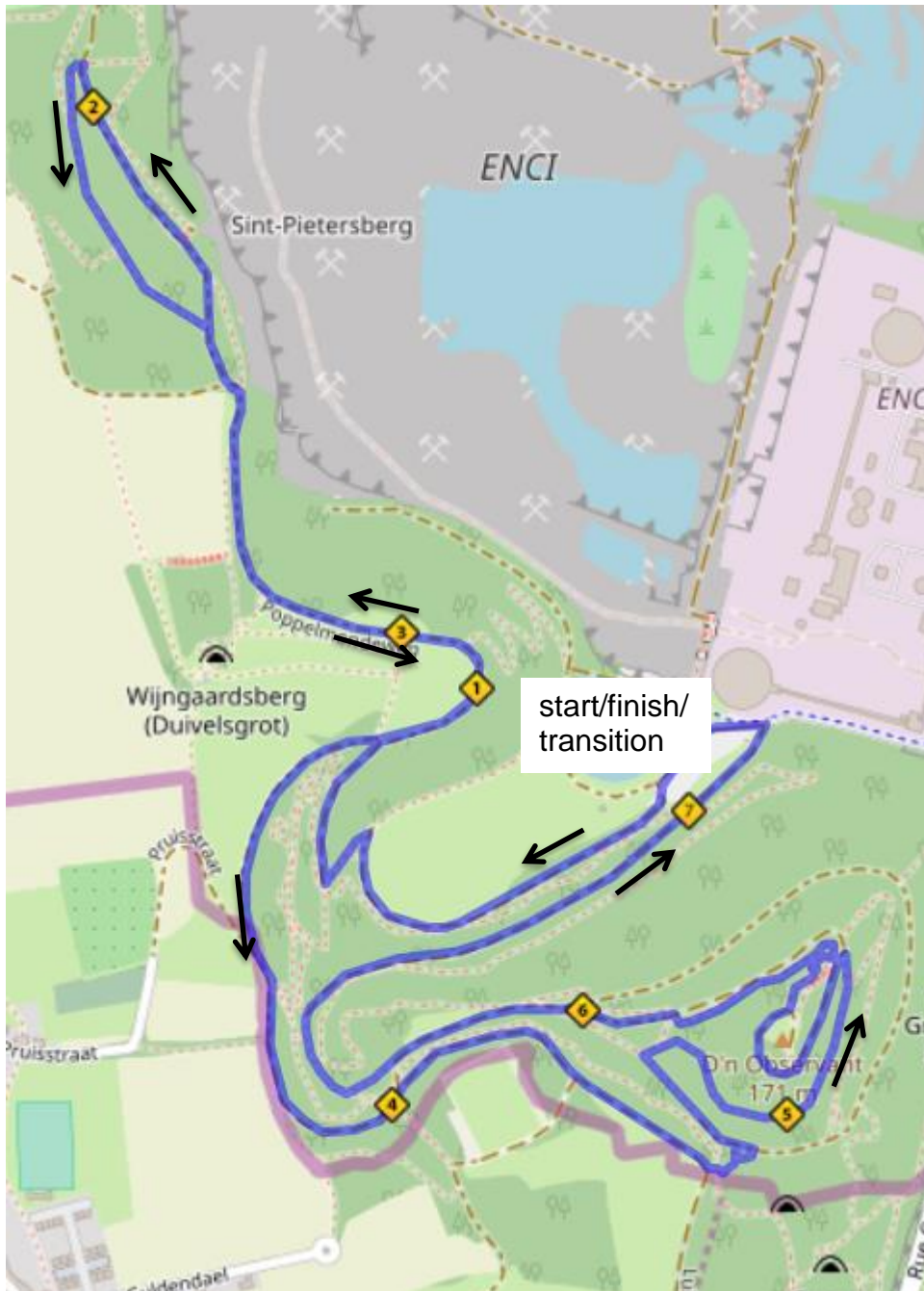


Run 1(1x round = 3,5k): long distance 2 rounds, short distance round.





Bike (1 round = 7,5k): long distance 3x rounds, short distance 2x rounds





Run 2 (1x round = 2,5k):



Transition area:

