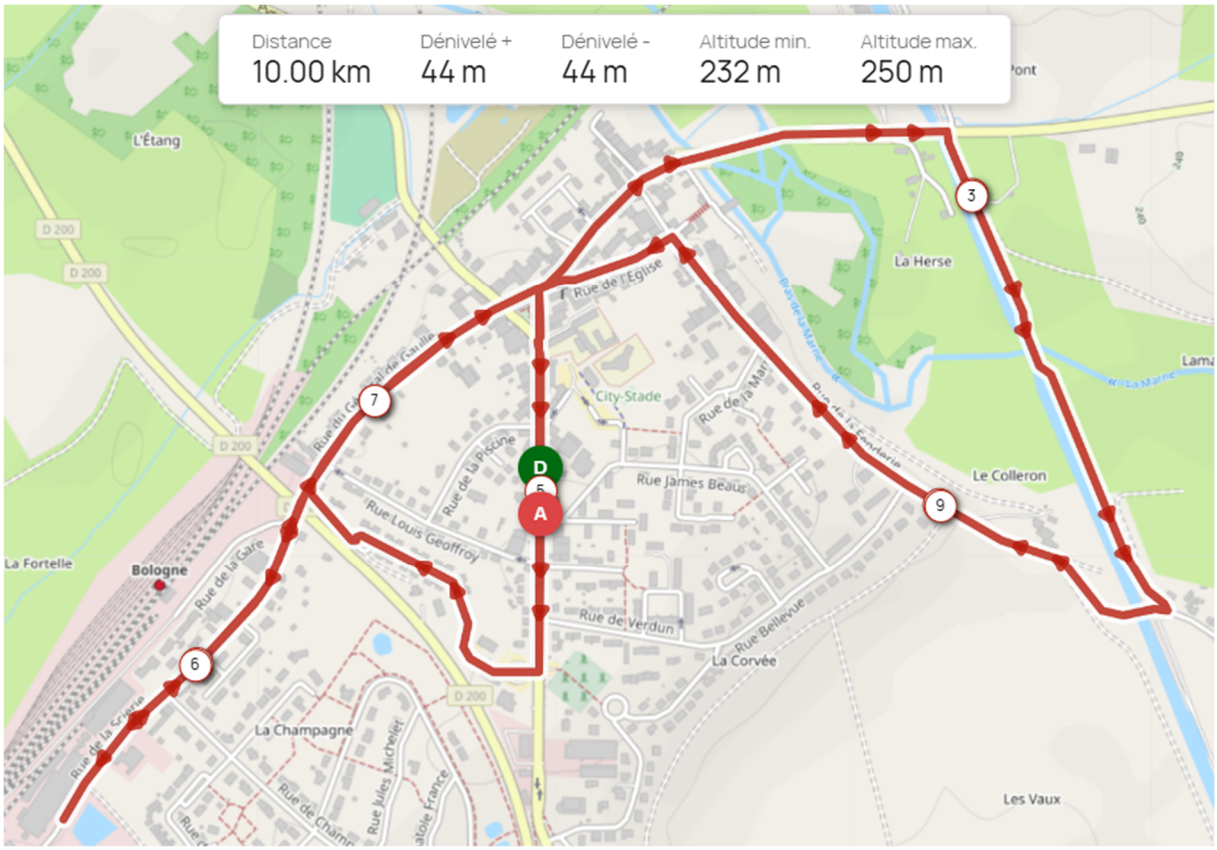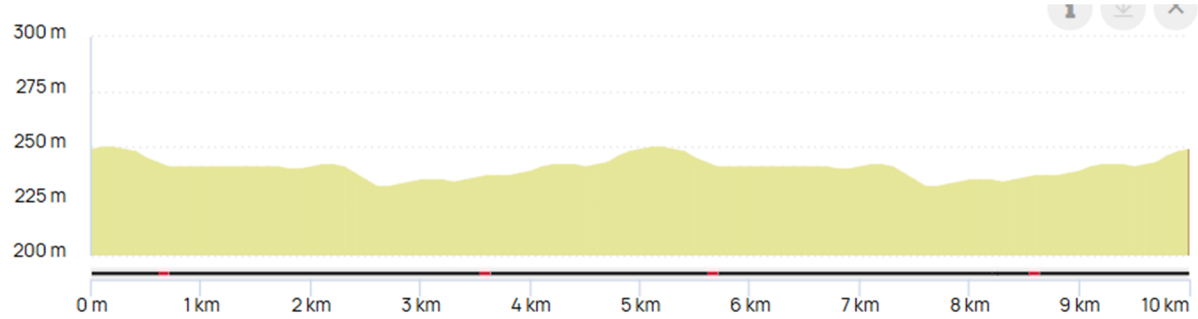Course 5 : 10km