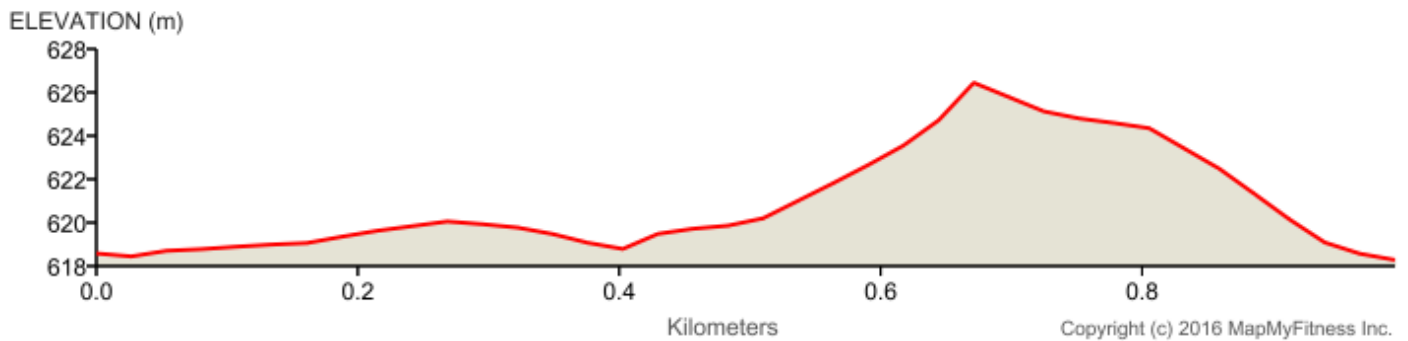




mapmyrun

AIA 400m Sprints
Distance: 0.99 km
Elevation: 4.86 m (Max: 626.46 m)

(6-8) x 400m Sprints, 400m Sprints,
(600 A/R) or 2min Rest and repeat.



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	Head southeast	0 km (+0.4 km)
	Turn left	0.4 km (+0 km)
	Head southeast	0.4 km (+0 km)
	This segment has no directions.	0.4 km (+0.59 km)
	Destination	0.99 km (+0 km)

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