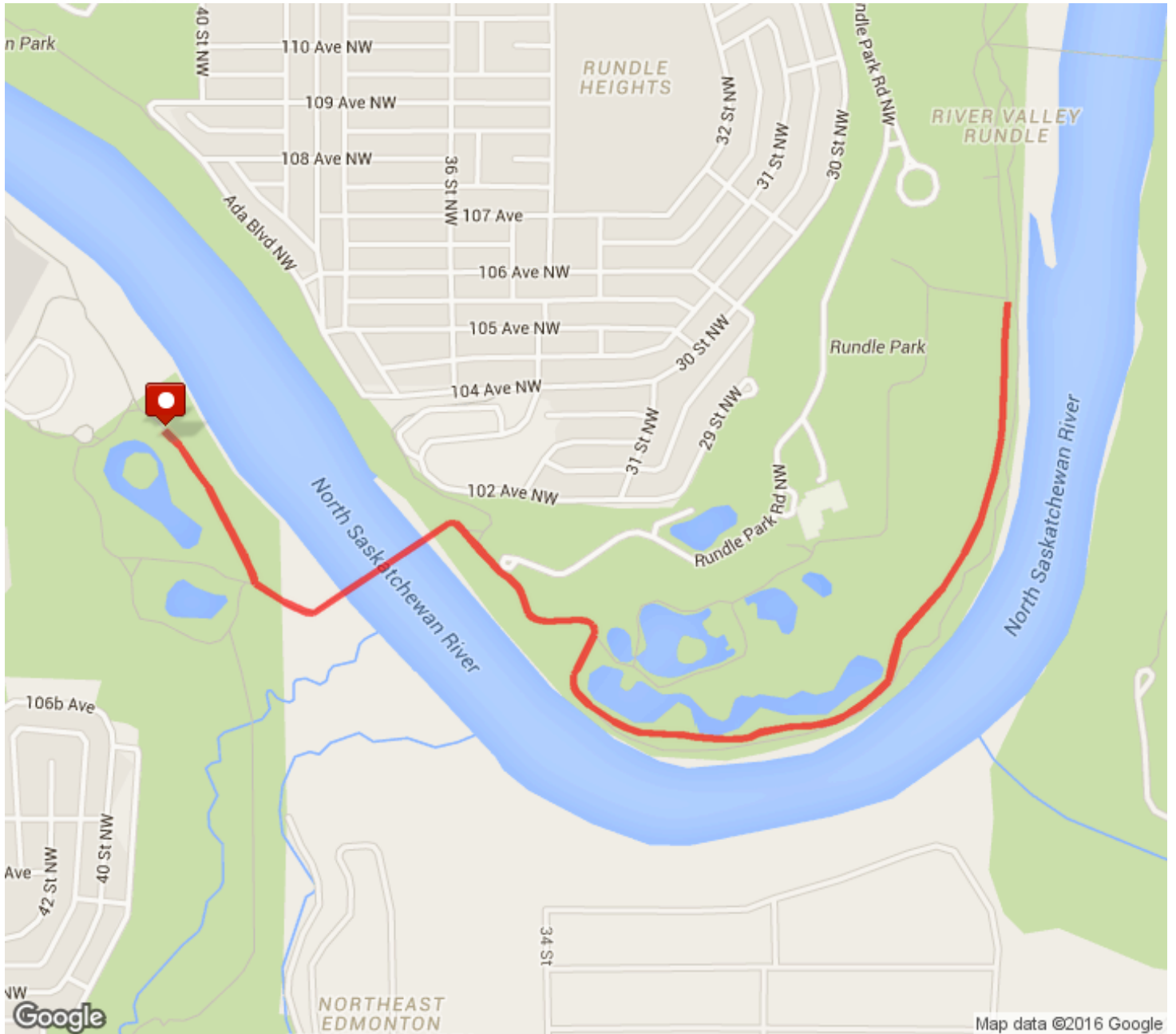




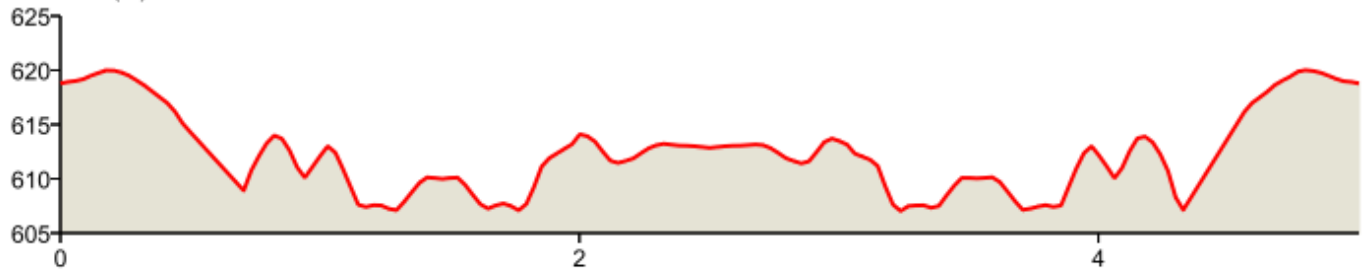
AIA 5km TT  
 Distance: 5.0 km  
 Elevation: 17.68 m (Max: 620.07 m)

2km Warm - up, Then 5km Time  
 Trial, 2km Cool down























mapmyrun



ELEVATION (m)



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	Head southeast	0 km (+0.31 km)
	Head southeast	0.31 km (+0.16 km)
	Head northeast	0.47 km (+0.27 km)
	Head southeast toward Rundle Park Rd NW	0.74 km (+0.08 km)
	Head southeast toward Rundle Park Rd NW	0.82 km (+0.15 km)
	Head east	0.97 km (+0.1 km)
	Head southwest	1.07 km (+0.1 km)
	Head southeast	1.17 km (+0.07 km)
	Continue straight Destination will be on the left	1.23 km (+0.08 km)
	Head east	1.32 km (+0.22 km)
	Head east	1.53 km (+0.2 km)
	Head northeast	1.73 km (+0.14 km)
	Head northeast	1.87 km (+0.13 km)
	Head northeast	1.99 km (+0.14 km)
	Head north	2.13 km (+0.19 km)
	Head north	2.32 km (+0.18 km)
	Head south	2.5 km (+0.55 km)
	Head southwest	3.05 km (+0.69 km)
	Head northwest	3.74 km (+0.17 km)
	Head northeast toward Rundle Park Rd NW	3.91 km (+0.21 km)
	Head northwest toward Rundle Park Rd NW	4.12 km (+0.1 km)
	Head northwest Destination will be on the right	4.22 km (+0.11 km)