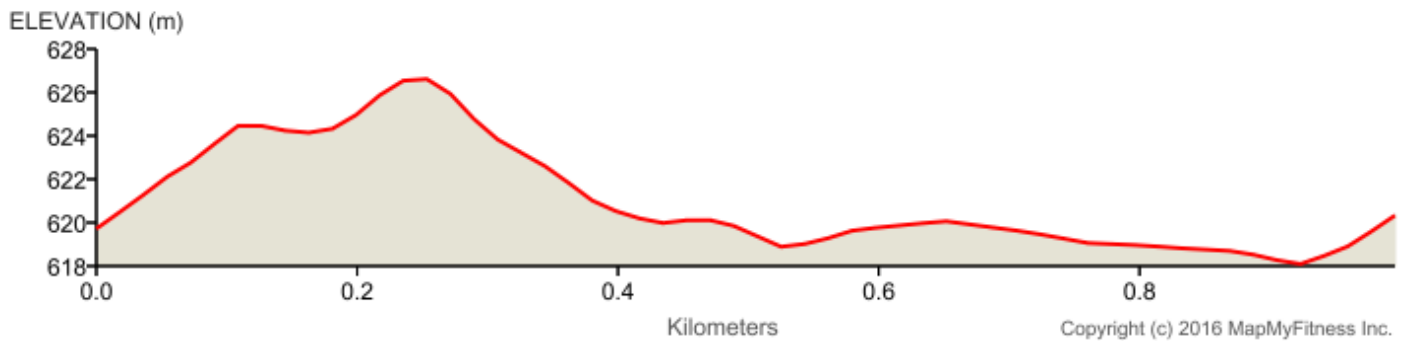
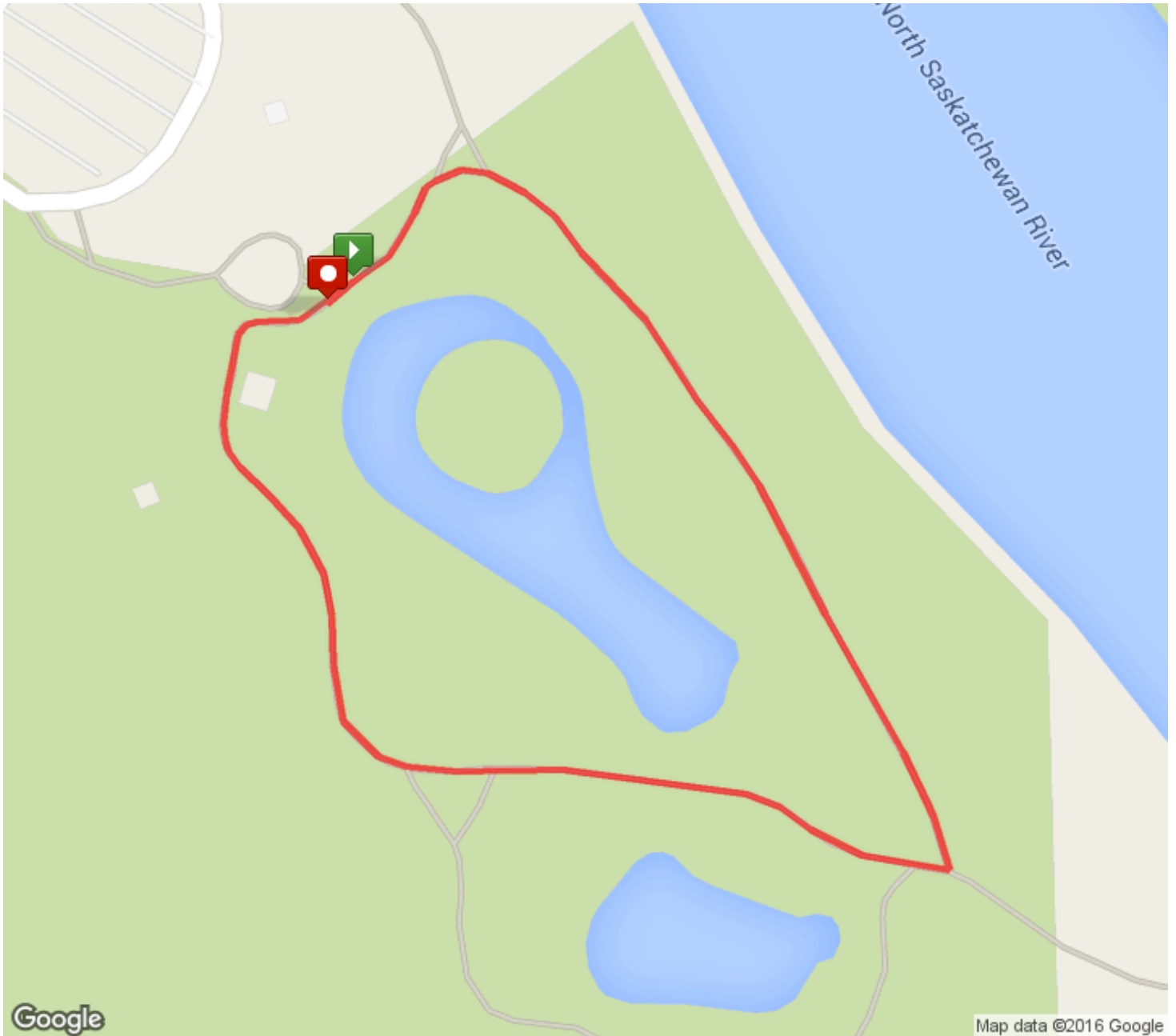
















mapmyrun

Large Lake Loops
Distance: 1.0 km
Elevation: 4.07 m (Max: 626.84 m)

5-7 X 1km Loops Hard Efforts with
2 min Rest



	Head southwest	0 km (+0.1 km)
	Head south	0.1 km (+0.17 km)
	Head southeast	0.27 km (+0.12 km)
	Head east	0.39 km (+0.14 km)
	Turn left Destination will be on the left	0.52 km (+0.03 km)
	Head northwest	0.55 km (+0.19 km)
	Head northwest	0.74 km (+0.11 km)
	Head northwest	0.84 km (+0.11 km)
	Head southwest	0.95 km (+0.02 km)
	Head southwest	0.98 km (+0.01 km)
	Head southwest	0.98 km (+0.02 km)
	Destination	1 km (+0 km)
