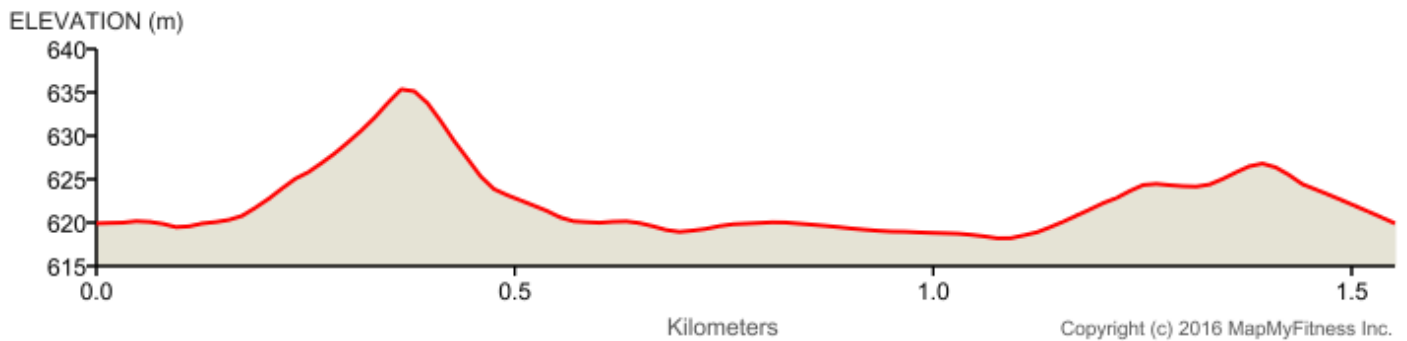




mapmyrun























AIA Figure 8's  
Distance: 1.55 km  
Elevation: 13.76 m (Max: 635.67 m)

(5 - 6 ) X Figure 8's Hard 600m  
Intervals with 900m Active  
Recovery.



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	Head east	0 km (+0.1 km)
	Head east	0.1 km (+0 km)
	Turn right	0.1 km (+0.1 km)
	Head southwest	0.2 km (+0.12 km)
	Head west	0.32 km (+0.06 km)
	Head north	0.38 km (+0.05 km)
	Head north	0.43 km (+0.01 km)
	Turn right	0.45 km (+0.04 km)
	Head east	0.48 km (+0.05 km)
	Head east	0.54 km (+0.03 km)
	Head east	0.56 km (+0.04 km)
	Head east	0.6 km (+0.09 km)
	Turn left	0.69 km (+0.01 km)
	Head north	0.7 km (+0.05 km)
	Head northwest	0.75 km (+0.1 km)
	Head northwest	0.85 km (+0.13 km)
	Head northwest	0.99 km (+0.13 km)
	Head southwest	1.12 km (+0.14 km)
	Head southeast	1.26 km (+0.1 km)
	Head south	1.36 km (+0.08 km)
	Head east	1.44 km (+0.09 km)
	Head east	1.53 km (+0.02 km)

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Destination

1.55 km (+0 km)

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