

**Rode Kaart**

Distances: 10/60/10 4LRun/4LBike/4LR Starts: D:14u05-H+50:14u10 &amp; H-50: 14u20

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Website: <http://www.powerman.be>

|            |           |           |            |
|------------|-----------|-----------|------------|
| <b>22</b>  | <b>74</b> | <b>78</b> | <b>114</b> |
| <b>135</b> |           |           |            |
|            |           |           |            |
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|            |           |           |            |