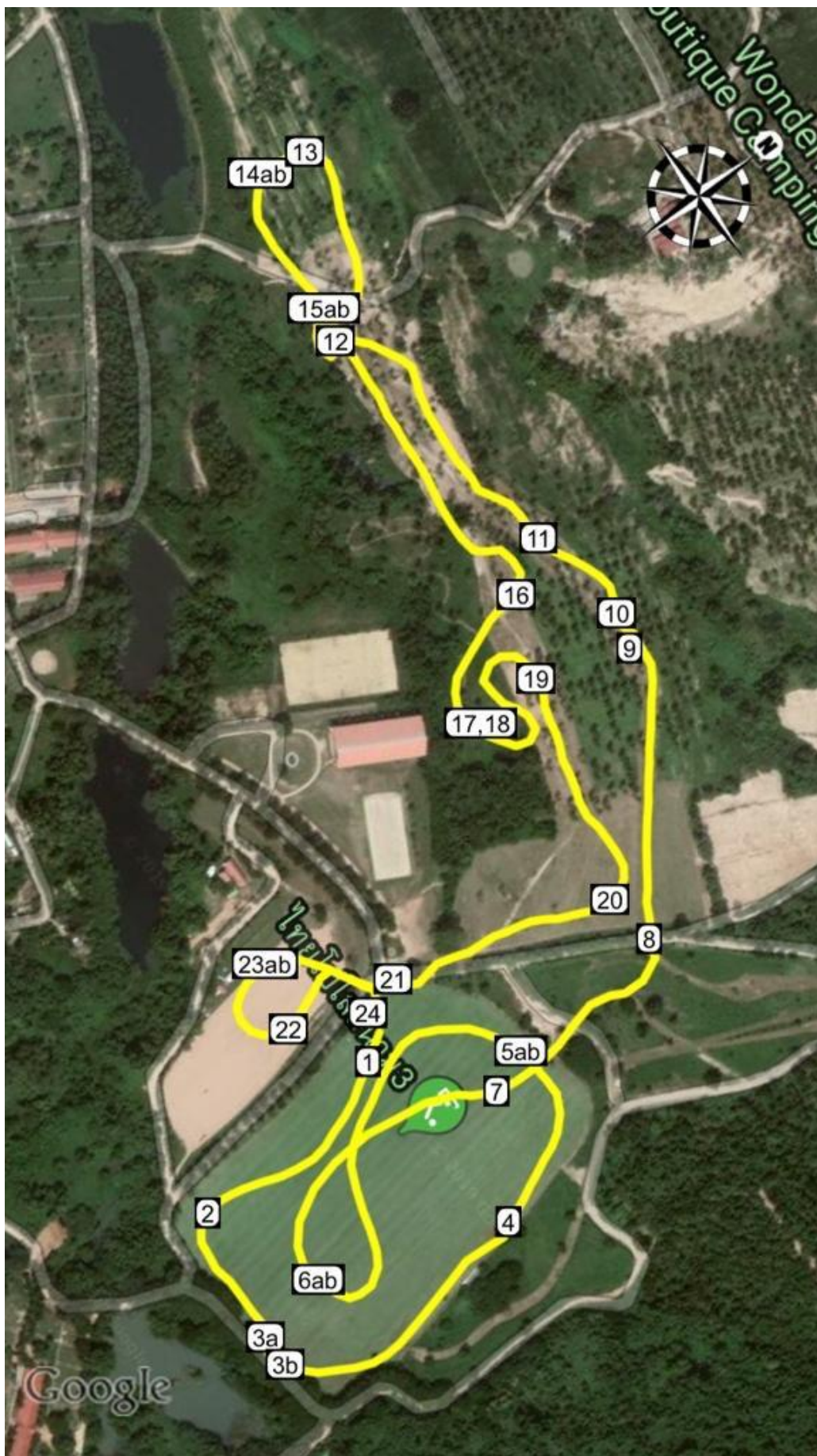Length of Course: 3,700 meters

Optimum Time: 7 minutes 7 seconds