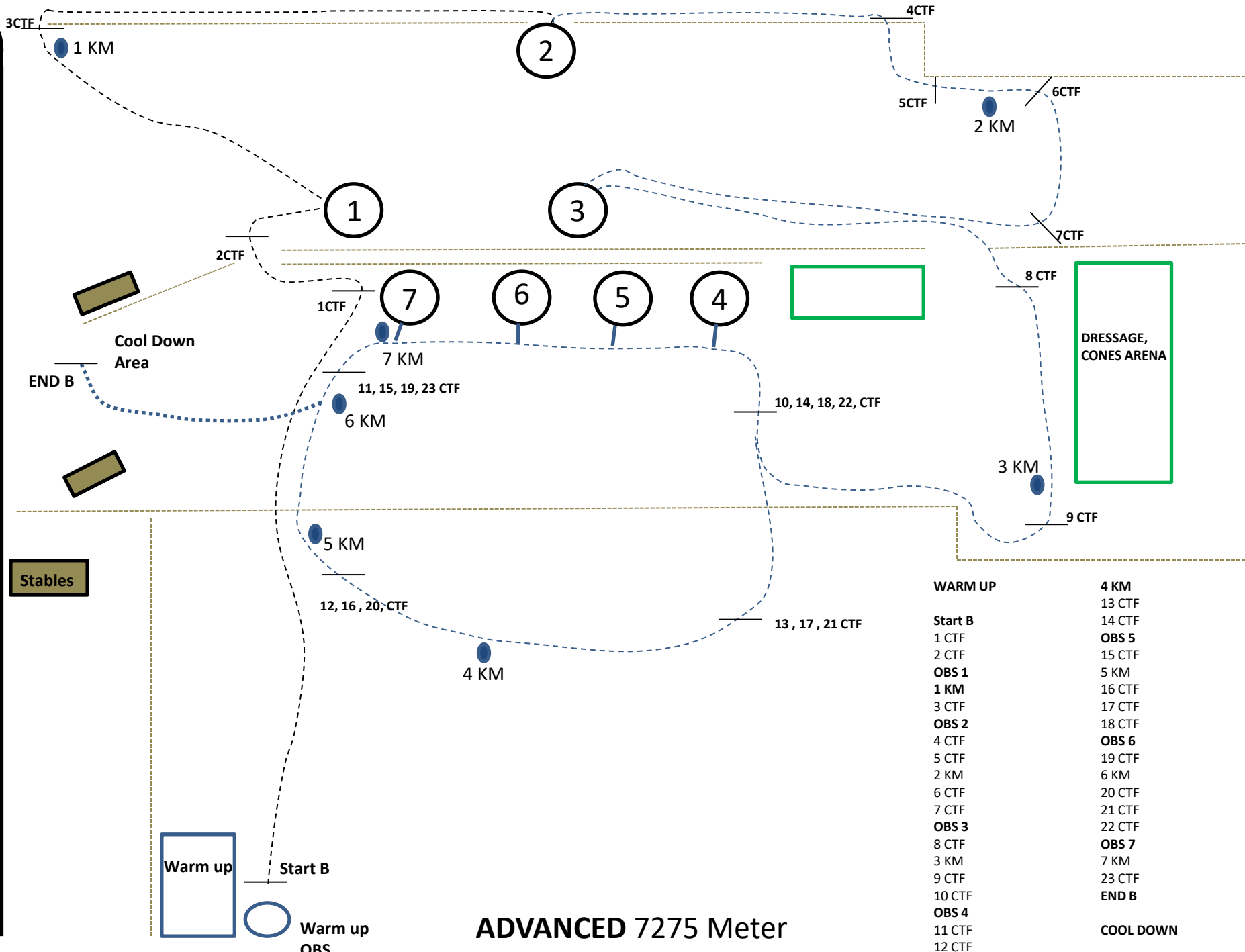
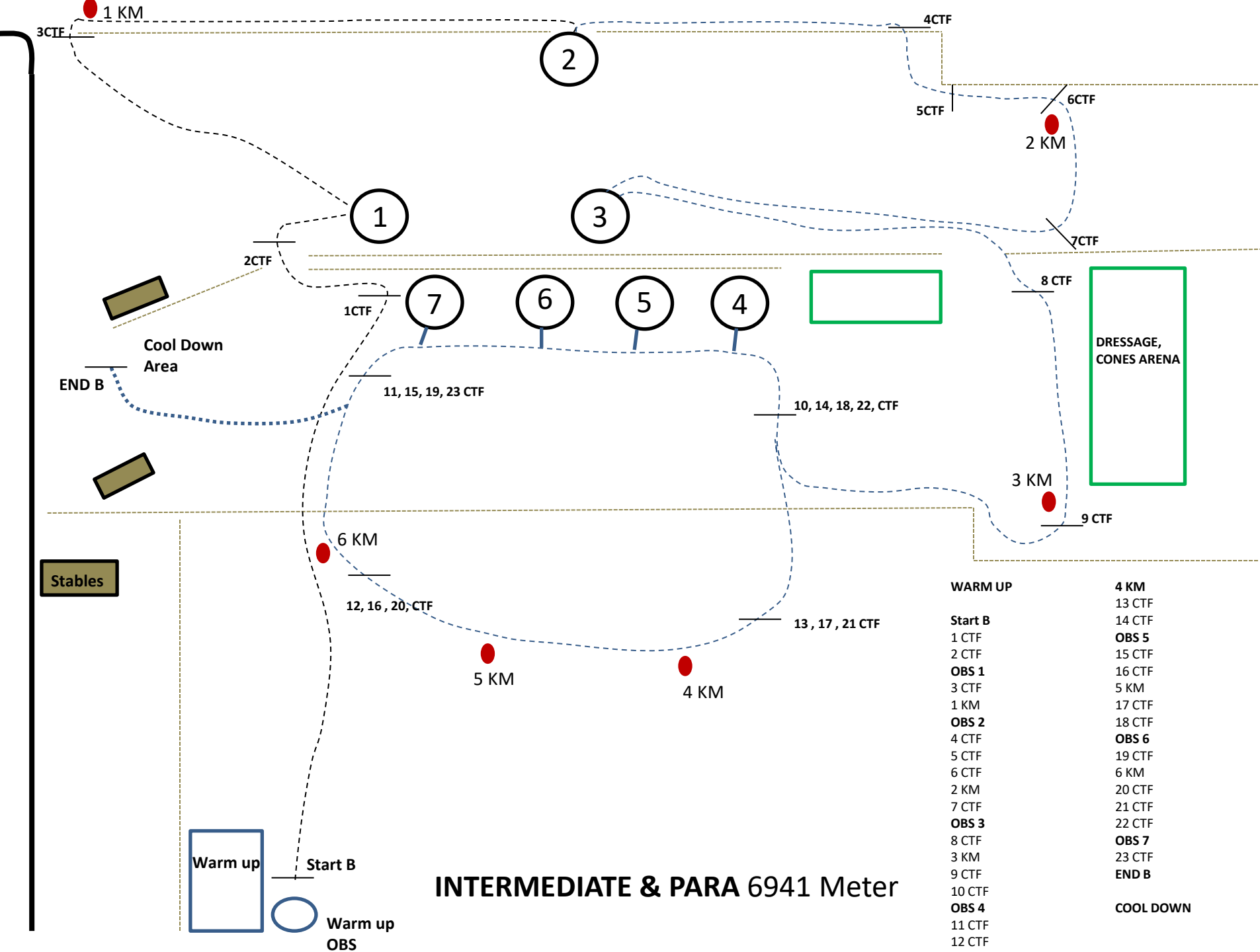


# Hermitage 2022 Marathon



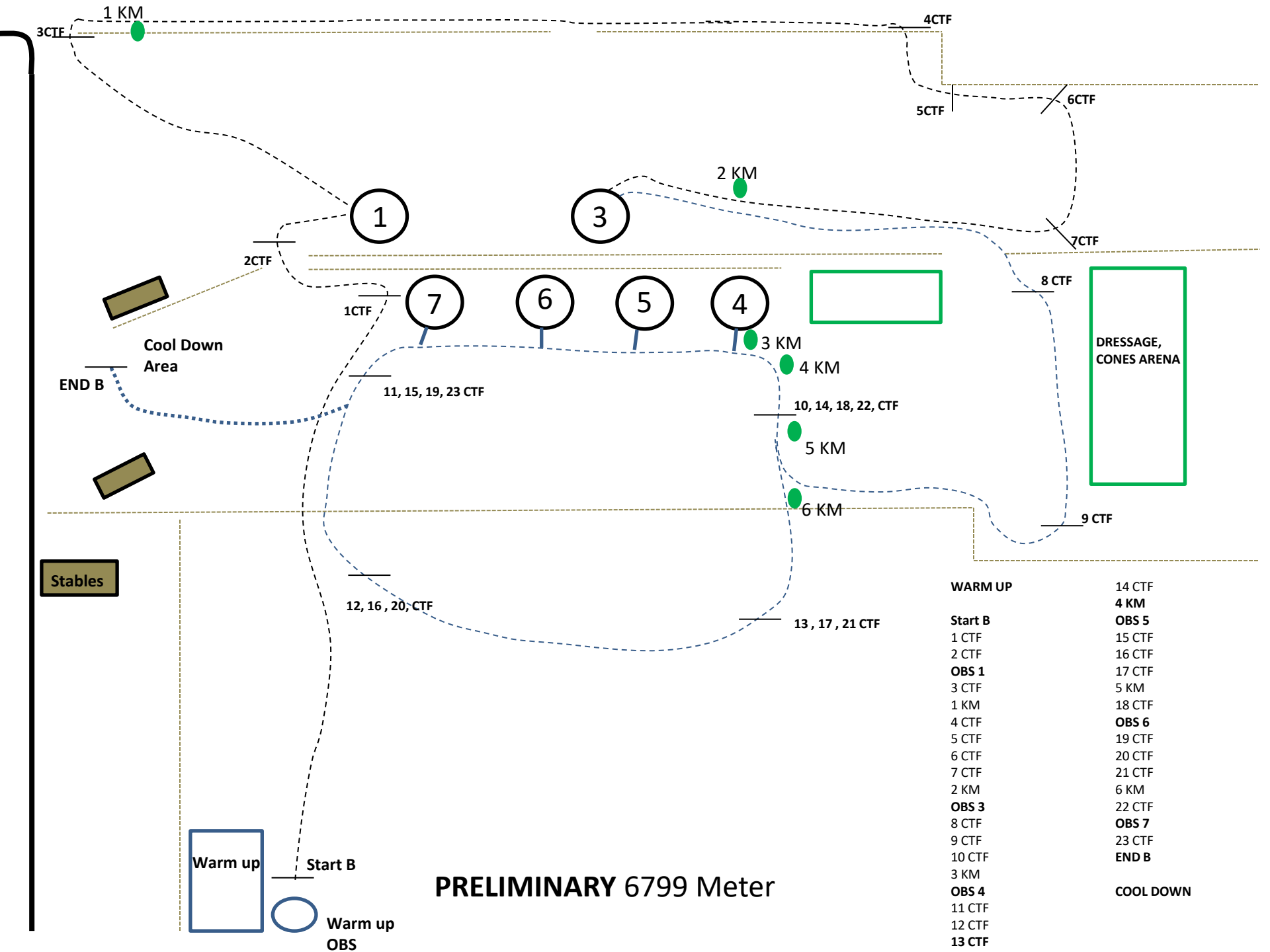
# ADVANCED 7275 Meter

- |                |                  |
|----------------|------------------|
| <b>WARM UP</b> | <b>4 KM</b>      |
| <b>Start B</b> | 13 CTF           |
| <b>OBS 1</b>   | 14 CTF           |
| <b>1 KM</b>    | <b>OBS 5</b>     |
| <b>3 CTF</b>   | 15 CTF           |
| <b>OBS 2</b>   | 5 KM             |
| <b>4 CTF</b>   | 16 CTF           |
| <b>5 CTF</b>   | 17 CTF           |
| <b>6 CTF</b>   | 18 CTF           |
| <b>7 CTF</b>   | <b>OBS 6</b>     |
| <b>OBS 3</b>   | 19 CTF           |
| <b>8 CTF</b>   | 6 KM             |
| <b>3 KM</b>    | 20 CTF           |
| <b>9 CTF</b>   | 21 CTF           |
| <b>10 CTF</b>  | 22 CTF           |
| <b>OBS 4</b>   | <b>OBS 7</b>     |
| <b>11 CTF</b>  | 7 KM             |
| <b>12 CTF</b>  | 23 CTF           |
|                | <b>END B</b>     |
|                | <b>COOL DOWN</b> |



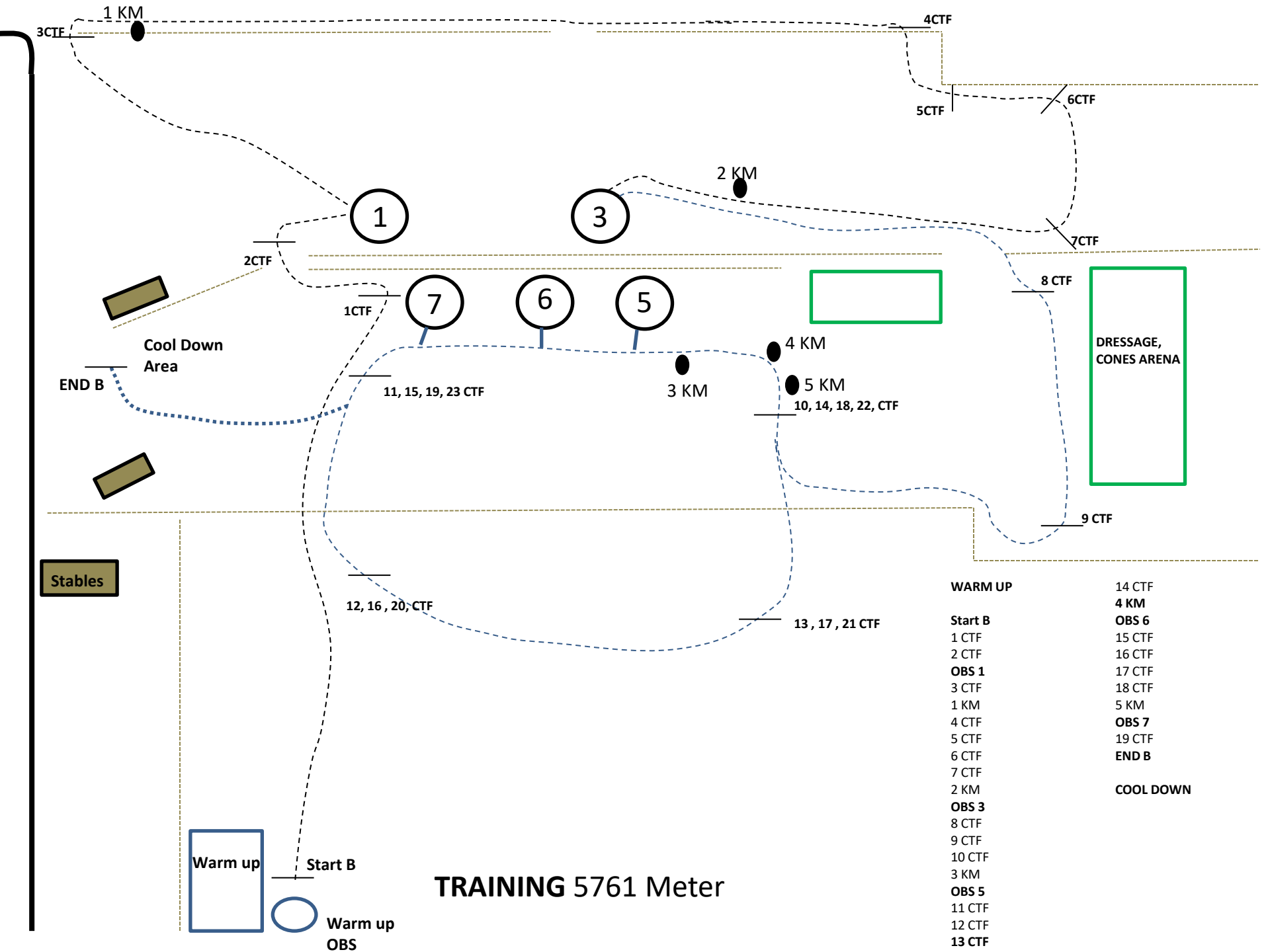
# INTERMEDIATE & PARA 6941 Meter

- |                |                  |
|----------------|------------------|
| <b>WARM UP</b> | <b>4 KM</b>      |
| 1 CTF          | 13 CTF           |
| 2 CTF          | 14 CTF           |
| <b>OBS 1</b>   | <b>OBS 5</b>     |
| 3 CTF          | 15 CTF           |
| 1 KM           | 16 CTF           |
| <b>OBS 2</b>   | 5 KM             |
| 4 CTF          | 17 CTF           |
| 5 CTF          | 18 CTF           |
| 6 CTF          | <b>OBS 6</b>     |
| 2 KM           | 19 CTF           |
| 7 CTF          | 6 KM             |
| <b>OBS 3</b>   | 20 CTF           |
| 8 CTF          | 21 CTF           |
| 3 KM           | 22 CTF           |
| 9 CTF          | <b>OBS 7</b>     |
| 10 CTF         | 23 CTF           |
| <b>OBS 4</b>   | <b>END B</b>     |
| 11 CTF         |                  |
| 12 CTF         | <b>COOL DOWN</b> |



# PRELIMINARY 6799 Meter

- |                |                  |
|----------------|------------------|
| <b>WARM UP</b> | 14 CTF           |
|                | <b>4 KM</b>      |
| <b>Start B</b> | <b>OBS 5</b>     |
| 1 CTF          | 15 CTF           |
| 2 CTF          | 16 CTF           |
| <b>OBS 1</b>   | 17 CTF           |
| 3 CTF          | 5 KM             |
| 1 KM           | 18 CTF           |
| 4 CTF          | <b>OBS 6</b>     |
| 5 CTF          | 19 CTF           |
| 6 CTF          | 20 CTF           |
| 7 CTF          | 21 CTF           |
| 2 KM           | 6 KM             |
| <b>OBS 3</b>   | 22 CTF           |
| 8 CTF          | <b>OBS 7</b>     |
| 9 CTF          | 23 CTF           |
| 10 CTF         | <b>END B</b>     |
| 3 KM           |                  |
| <b>OBS 4</b>   | <b>COOL DOWN</b> |
| 11 CTF         |                  |
| 12 CTF         |                  |
| <b>13 CTF</b>  |                  |



# TRAINING 5761 Meter

- WARM UP**
- Start B**
- 1 CTF
- 2 CTF
- OBS 1**
- 3 CTF
- 1 KM
- 4 CTF
- 5 CTF
- 6 CTF
- 7 CTF
- 2 KM
- OBS 3**
- 8 CTF
- 9 CTF
- 10 CTF
- 3 KM
- OBS 5**
- 11 CTF
- 12 CTF
- 13 CTF**
- 14 CTF
- 4 KM**
- OBS 6**
- 15 CTF
- 16 CTF
- 17 CTF
- 18 CTF
- 5 KM
- OBS 7**
- 19 CTF
- END B**
- COOL DOWN**