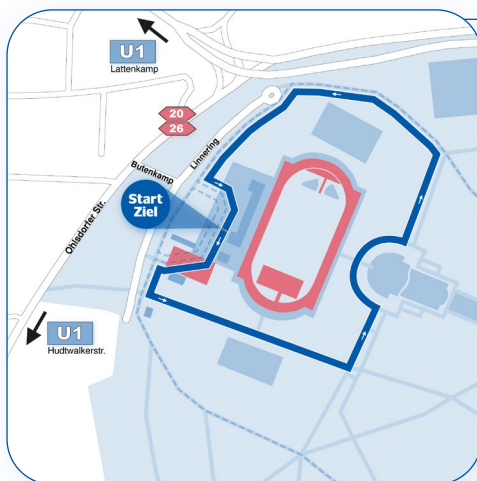
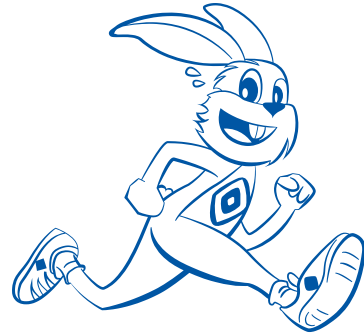




OSTERLAUF

5km & 10km

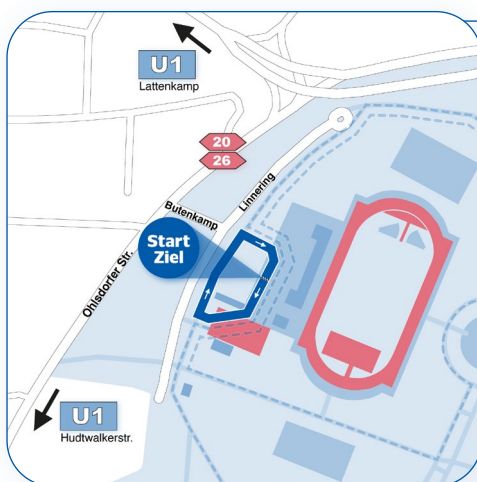
2,5km Runde
2x → 5km Osterlauf
4x → 10km Osterlauf



HASENLAUF

1000m

1000m Runde
1x → 1000m Hasenlauf



KÜKENLAUF

500m

250m Runde
2x → 500m Kükenlauf