

10		5.6 km		160 m	
▷		▲			
1	197	∩			
2	141	↙	∇		
3	130	↘	≡	1.5	
4	128	⊖			⊙
5	135	↗	∩		
6	132	→	≡	1.5	
7	136	☺			⊙
8	153	∪			
9	158	∩			
10	165	↗	∩		
11	164		∪		
12	169	⋯			✓
13	174	→	∪		
14	103	⊖			⊙
⊗		100 m		⊗	
Courses close 1630hrs					

11		5.1 km		160 m	
▷		▲			
1	200	∪			
2	145	←	↗		⊙
3	149	⋆			⊙
4	155	∇			
5	126	∩			
6	124		∪		
7	159	∩			
8	170		∩		
9	174	→	∪		
10	103	⊖			⊙
⊗		100 m		⊗	
Courses close 1630hrs					

12		4.7 km		140 m	
▷		▲			
1	195	⊖			⊙
2	200	∪			
3	193	↗			⊙
4	191	⊖			⊙
5	150	∪			
6	152	↖	∇	⋆	
7	158	∩			
8	165	↗	∩		
9	164		∪		
10	167	⋆			
11	173	⊖			
12	176	≡		3.0	
⊗		130 m		⊗	
Courses close 1630hrs					

13		4.4 km		140 m	
▷		▲			
1	200	∪			
2	145	←	↗		⊙
3	149	⋆			⊙
4	157	↑	∩		
5	154	≡			⊙
6	126	∩			
7	164		∪		
8	168	⊖			
9	167	⋆			
10	173	⊖			
11	176	≡		3.0	
⊗		130 m		⊗	
Courses close 1630hrs					

14		3.8 km		110 m	
▷		▲			
1	200	∪			
2	193	↗			⊙
3	191	⊖			⊙
4	151	⊖			
5	158	∩			
6	165	↗	∩		
7	164		∪		
8	170		∩		
9	174	→	∪		
10	103	⊖			⊙
⊗		100 m		⊗	
Courses close 1630hrs					

15		4.8 km		125 m	
▷		▲			
1	196	≡		1.5	
2	194	≡		1.5	
3	143	≡		1.0	
4	144	≡		4.0	
5	150	∪			
6	154	≡			⊙
7	126	∩			
8	164		∪		
9	171	⋯			
10	173	⊖			
11	176	≡		3.0	
⊗		130 m		⊗	
Courses close 1630hrs					

16		4.2 km		115 m	
▷		▲			
1	196	≡		1.5	
2	194	≡		1.5	
3	143	≡		1.0	
4	144	≡		4.0	
5	150	∪			
6	154	≡			⊙
7	158	∩			
8	162	↑	∪		
9	173	⊖			
10	176	≡		3.0	
⊗		130 m		⊗	
Courses close 1630hrs					