



5km run course (1 lap) : Sprint Distance Run 1









مجلس الشارقة الرياضي

2.5km run course (1 lap):

Super Sprint Distance Run 1 & 2 Sprint Distance Run 2

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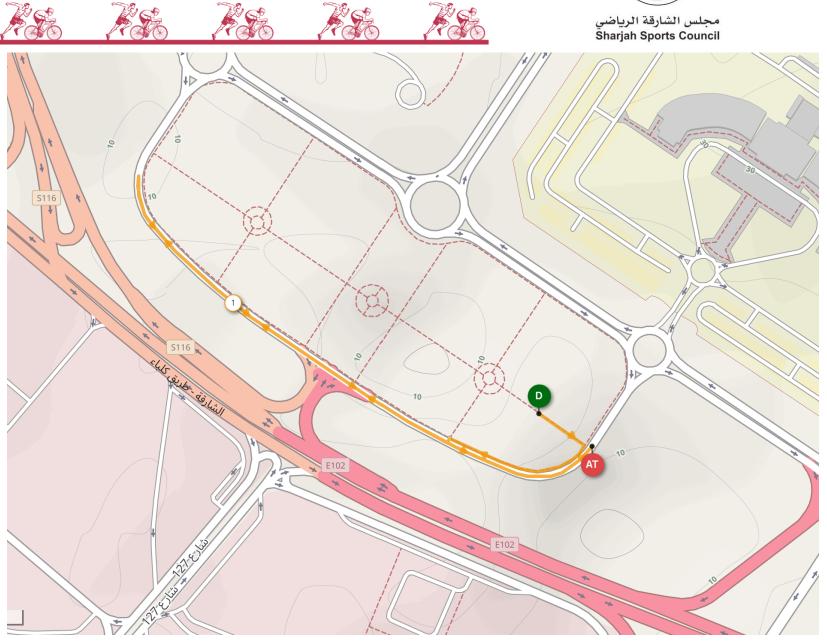


R.S.





1.5km run course (1 lap): Juniors Super Sprint Distance Run 1 & 2











مجلس الشارقة الرياضي Sharjah Sports Council

10km bike course:

Sprint Distance (2 laps) Super Sprint Distance (1 lap) Juniors Super Sprint Distance (1 lap)

