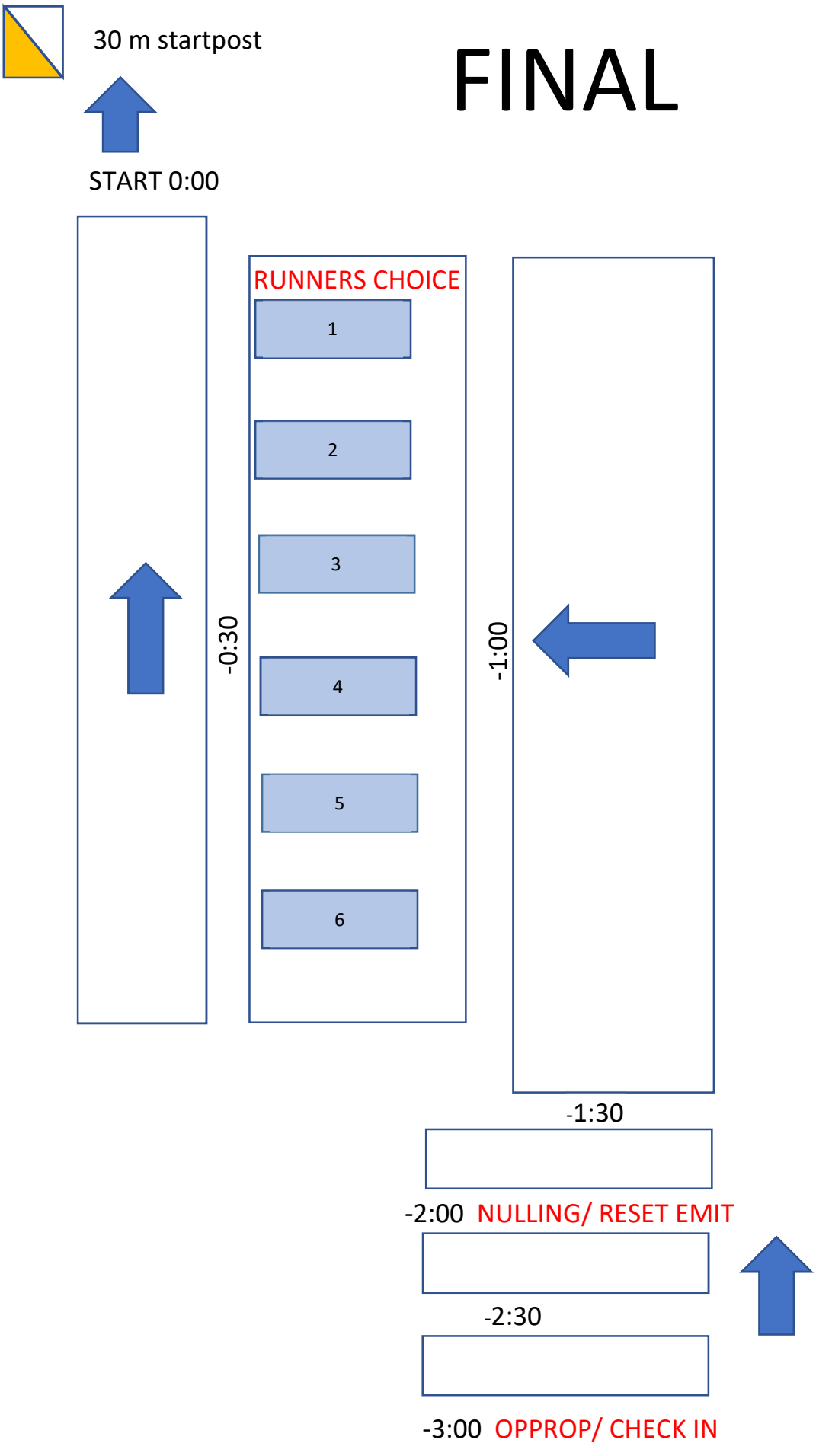
FINAL


30 m startpost
START 0:00
RUNNERS CHOICE
1
2
3
4
5
6
-0:30
-1:00
-1:30
-2:00 NULLING/ RESET EMIT
-2:30
-3:00 OPPROP/ CHECK IN