

RUN 5K

	R	W	X	TOT	X X X
	2	2	5	20'	
W1				20'	
	3	2	4	24'	
W2				24'	
	4	2	4	24'	
W3				30'	
	6	2	3	30'	
W4				30'	
	8	2	3	33'	
W5				32'	
	9	1	3		
W6					
	10	1	2		
W7					
	15	1			
W8					
	30				
W9					