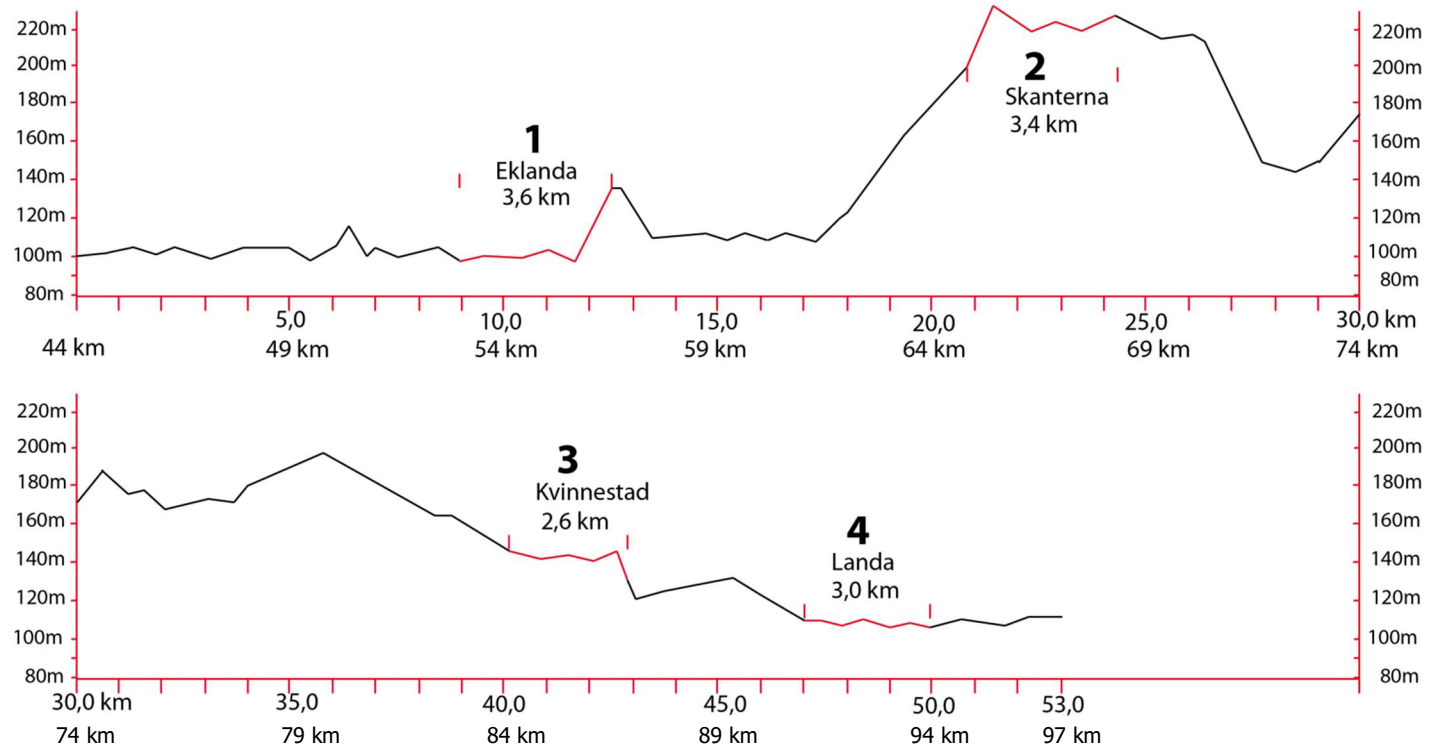
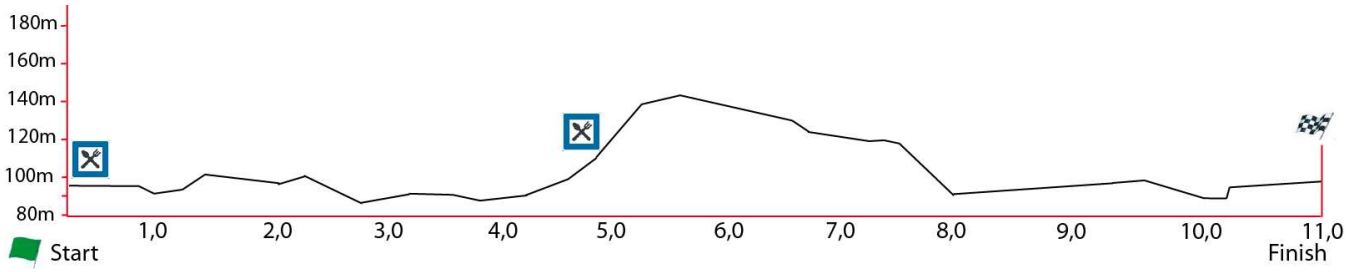
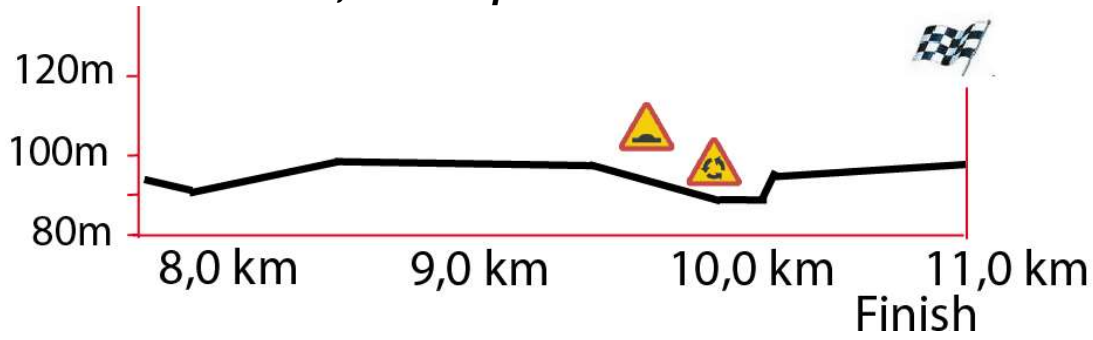
Profile long lap



Profile short lap



Profile, last 3 km
Distance from start, short lap