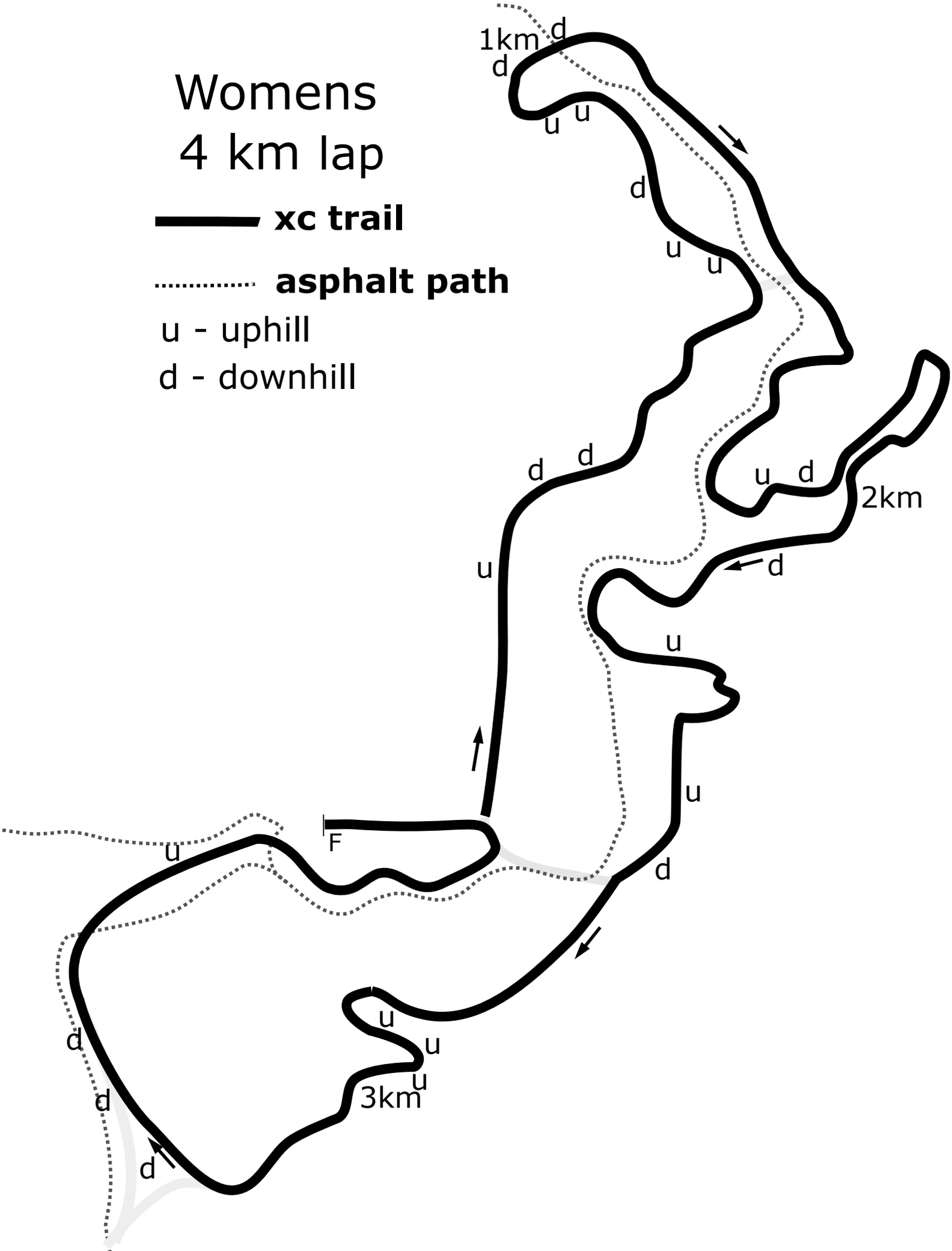
Womens
4 km lap

xc trail

asphalt path

u - uphill

d - downhill