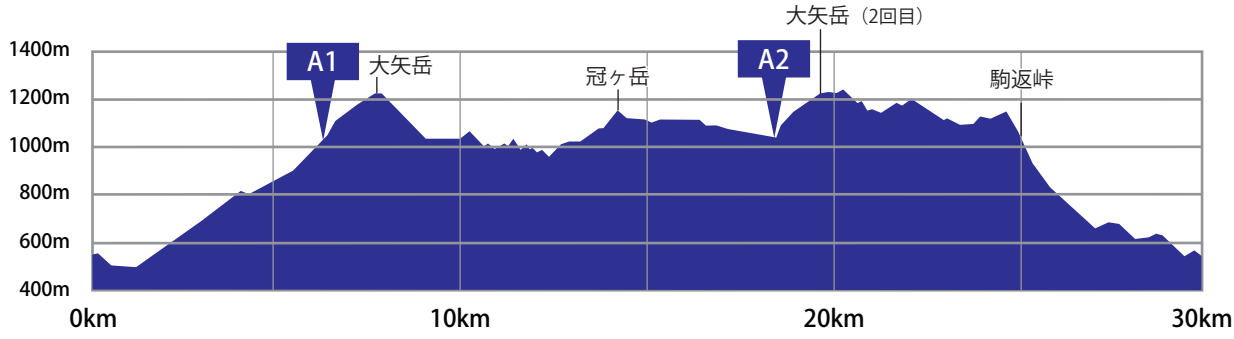
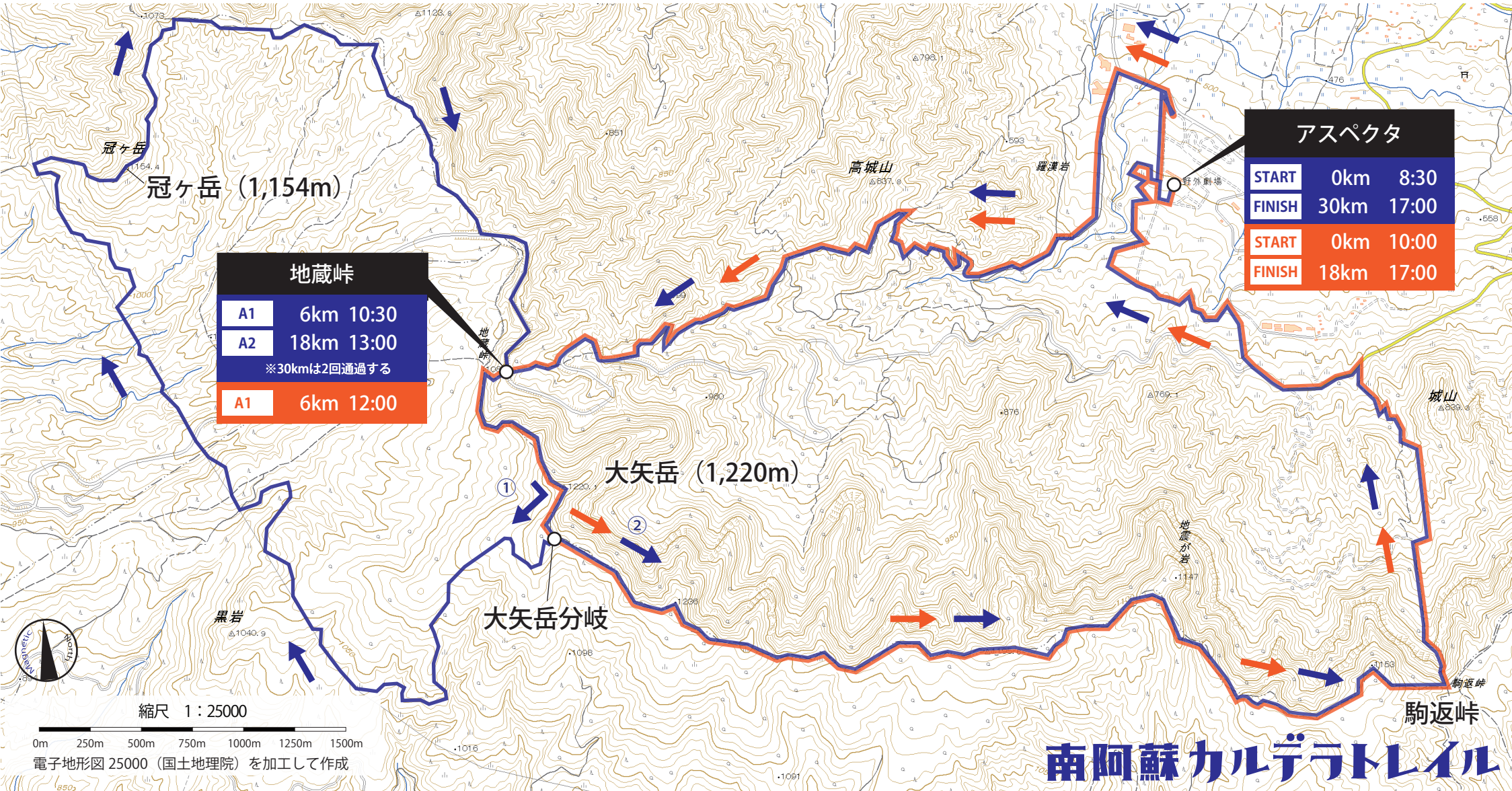
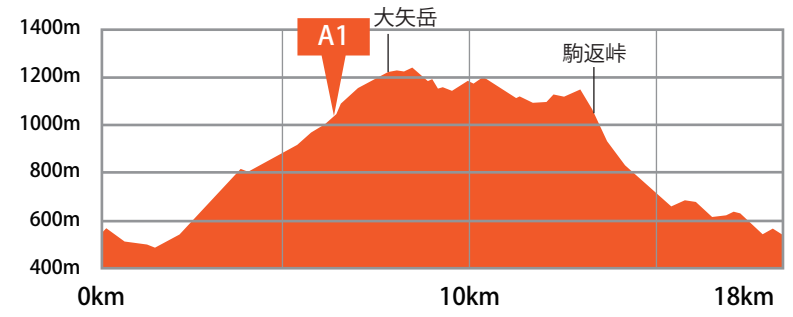


30km 1,500mD+



18km 1,000mD+



地蔵峠

A1	6km	10:30
A2	18km	13:00
※30kmは2回通過する		
A1	6km	12:00

アスペクタ

START	0km	8:30
FINISH	30km	17:00
START	0km	10:00
FINISH	18km	17:00