



START 10, 21, 42 KM

ROAD TO UPPSALA

WC

Speaker

BAGS

REGISTRATION
T-shirts

FINISH

BUSES

Drinking water

Sports drink

Hydrapouch

Energy after finish

FIRST AID

Sign

Benches

START 5 KM

TO BEACH, CAFÉ, WC

CAR PARK

6 SJÖAR

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