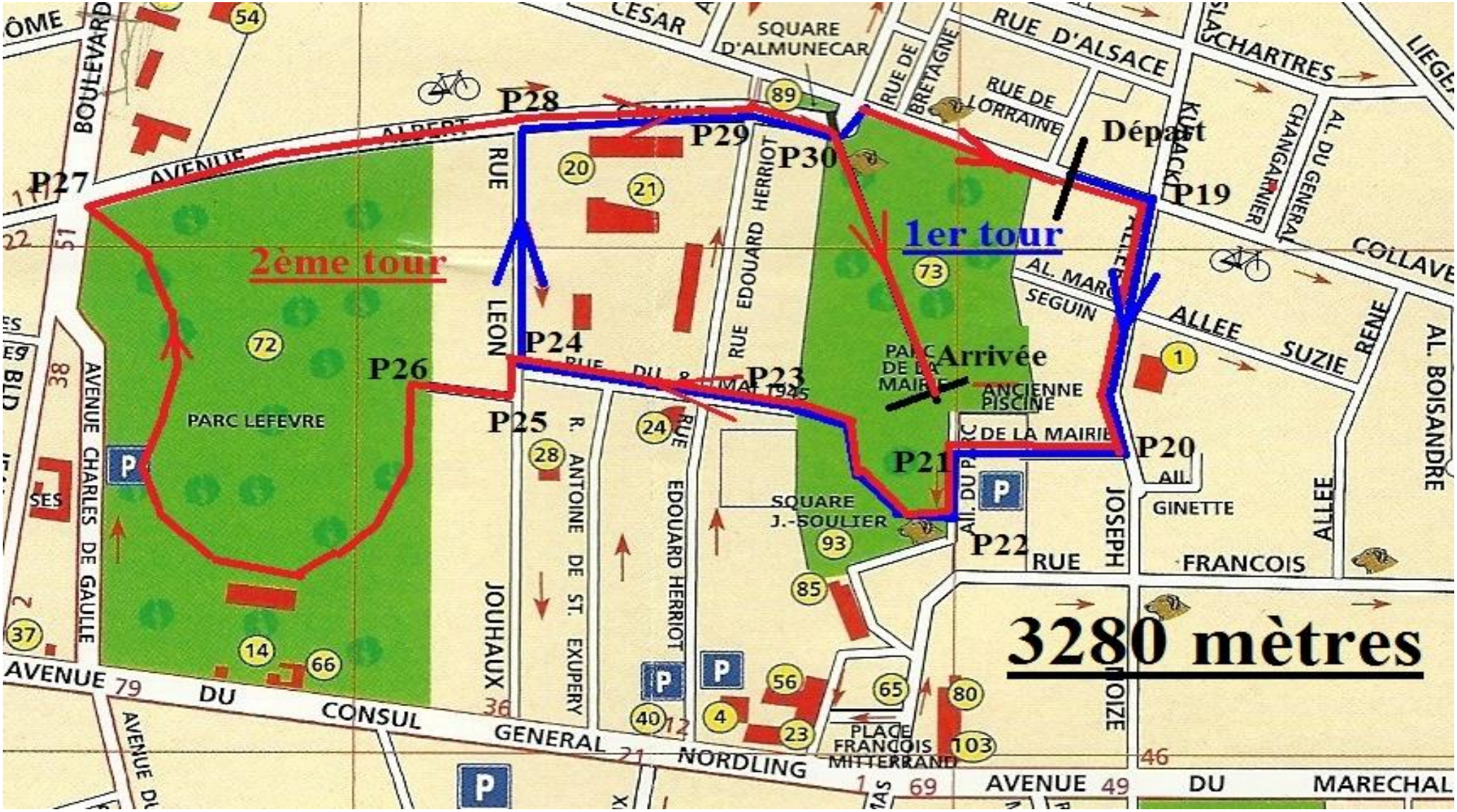Parcours de la course du 3km-départ à 11h