

www.CourseWalkApp.com

Start

Finish

1

2

3

4

5

6

7

8

9

10

11

12

50 m

300 ft

- Distance: 1512 m  
Speed: 275 m/min  
Optimum Time: 5:30  
Time Limit: 11:00  
Speed Fault Time: 4:20  
Speed Fault Speed: 350 m/min