

Ruspidge Halt Training			
Blue	6.8 km	210 m	
▷		↘	
1	36 ↗	▲	
2	32	⊗	
3	39	∪	
4	41	⊗	
5	42	⊗	
6	48	•	
7	47	⊗ ∪	↘
8	46	⊗	
9	44	⊗	
10	45	⊙	
11	35	∩	
12	37	∪	
13	38 ↓	○	○
14	49	∩	
15	34	∧	
⊗ 140 m ⊗			

Ruspidge Halt Training			
Orange	3.8 km	90 m	
▷		↘	
1	31	∩	
2	36 ↗	▲	
3	39	∪	
4	40 ↗ ↘	∩	
5	51 ↓	∪	
6	54	•	○
7	37	∪	
8	35	∩	
9	49	∩	
10	34	∧	
⊗ 140 m ⊗			

Ruspidge Halt Training			
Green	4.2 km	150 m	
▷		↘	
1	33	∨	
2	50	⊗	
3	32	⊗	
4	39	∪	
5	41	⊗	
6	42	⊗	
7	43	⊗	
8	44	⊗	
9	45	⊙	
10	35	∩	
11	37	∪	
12	38 ↓	○	○
13	55 ↗	∩ ∩	∩
14	34	∧	
⊗ 140 m ⊗			