

WRC 30K 2018

Long Course



30k Plan C Eden

Mile 1

Mile 3

Mile 4

Mile 6

Mile 7

Mile 8

Mile 9

Mile 10

Mile 11

Mile 12

Mile 13

Mile 14

Mile 15

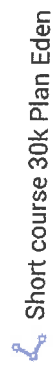
Mile 16

Mile 18

30k Plan C Eden

30k Plan C Eden

Short Course



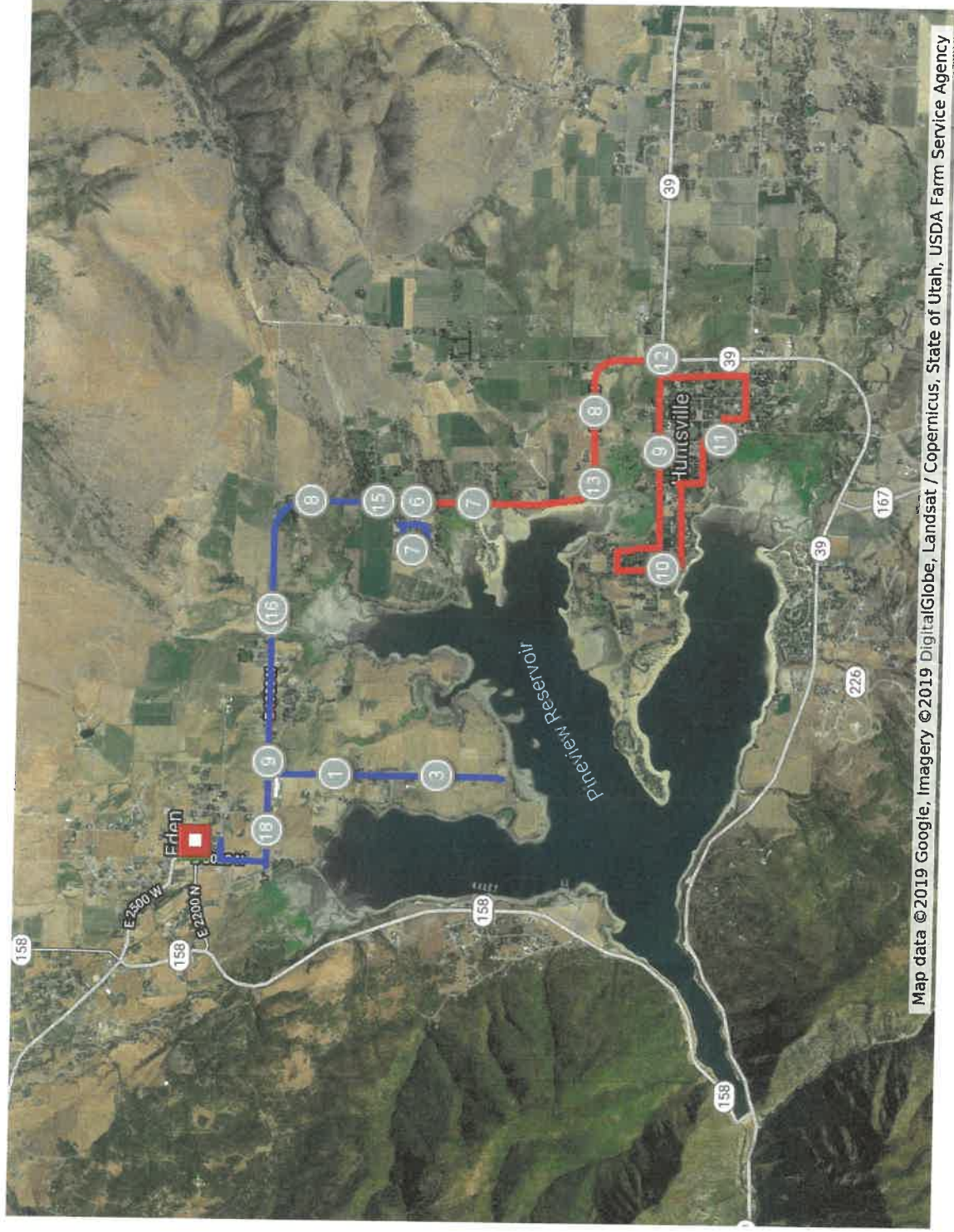
Short course 30k Plan Eden

Mile 1

Mile 3

Mile 4

Mile 6



 Mile 7

 Mile 8

 Mile 9

 Short course 30k Plan Eden

 Short course 30k Plan Eden