

	Directions/Name	Distance	Leg Length	Leg Time	Total Time	Course
1.	LAN	0 m			0:00:00	
2.	Get on 9th Rd and drive southwest	0 m	0 m	0:00:00	0:00:00	204° true
3.	Turn left onto Elm Rd	665 m	665 m	0:00:42	0:00:42	212° true
4.	Turn right onto Glen Rd North	1.1 km	412 m	0:00:25	0:01:07	144° true
5.	Turn left onto High Rd	3.4 km	2.3 km	0:02:44	0:03:51	247° true
6.	Turn right onto Brentwood Park Rd	9.3 km	6.0 km	0:04:38	0:08:29	205° true
7.	ElizabethRdandM	9.9 km	537 m	0:00:50	0:09:19	0° true
8.	Turn right onto Frelon Rd	10.0 km	155 m	0:00:10	0:09:29	199° true
9.	Turn right onto Caravelle Rd	10.9 km	871 m	0:01:22	0:10:51	264° true
10.	CaravelleRd	11.5 km	639 m	0:01:08	0:11:59	110° true
11.	Get on Caravelle Rd and drive west	11.5 km	0 m	0:00:00	0:11:59	290° true
12.	Turn right onto Findel Rd	11.9 km	344 m	0:00:22	0:12:21	187° true
13.	Beautiful Touch	12.1 km	226 m	0:00:41	0:13:02	90° true

Position	Elevation
S26 05.534 E28 18.909	
S26 05.534 E28 18.909	
S26 05.838 E28 18.697	
S26 06.011 E28 18.840	
S26 06.662 E28 17.729	
S26 09.569 E28 16.701	
S26 09.697 E28 16.423	
S26 09.776 E28 16.392	
S26 09.821 E28 15.887	
S26 09.579 E28 15.659	
S26 09.579 E28 15.659	
S26 09.668 E28 15.530	
S26 09.666 E28 15.394	