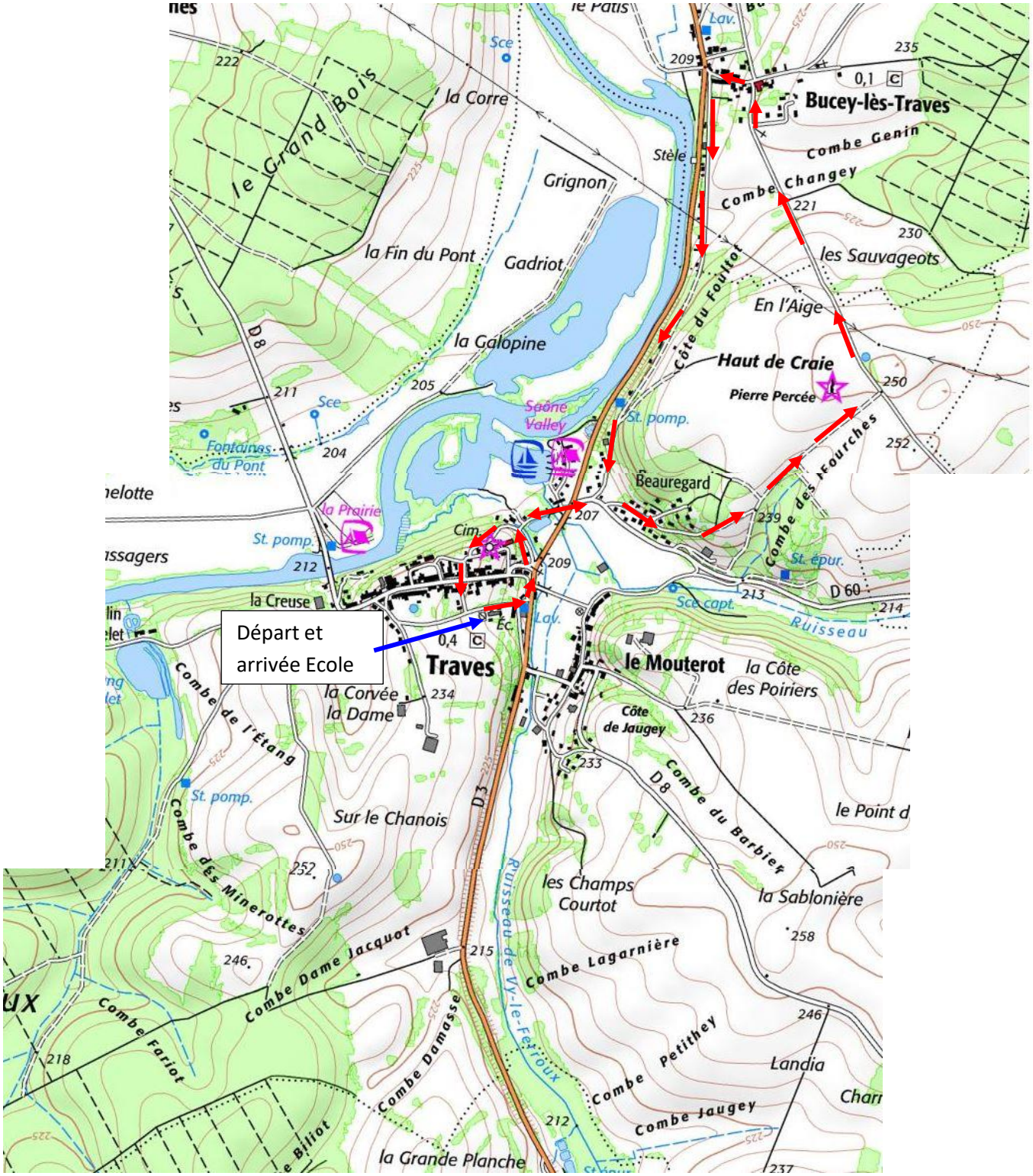Circuit cycle 1 – 5 km- TRAVES