

# 2023 Training



Distance: 2490 meters  
Speed: 450m/m  
Optimum Time: 5min 32sec  
Time Limit: 11min 4sec  
Speed Fault Time: 4min 47sec  
Numbers: WHITE ON BLACK



- 1 Log
- 2 Triple Bar
- 3 Cedar Table
- 4 Green Monster
- 5 Hill Top
- 6AB Coffin
- 7 Ramp
- 8 Road Crossing
- 9 Corner
- 10 Trakhener
- 11AB Moorland Bay
- 12AB Magic Shop Step
- 13 Essex Table
- 14AB Moorland Bay Again
- 15 Bee Box
- 16AB Ramps
- 17 Chase
- 18 Arrow Heads
- 19 Log and Box

