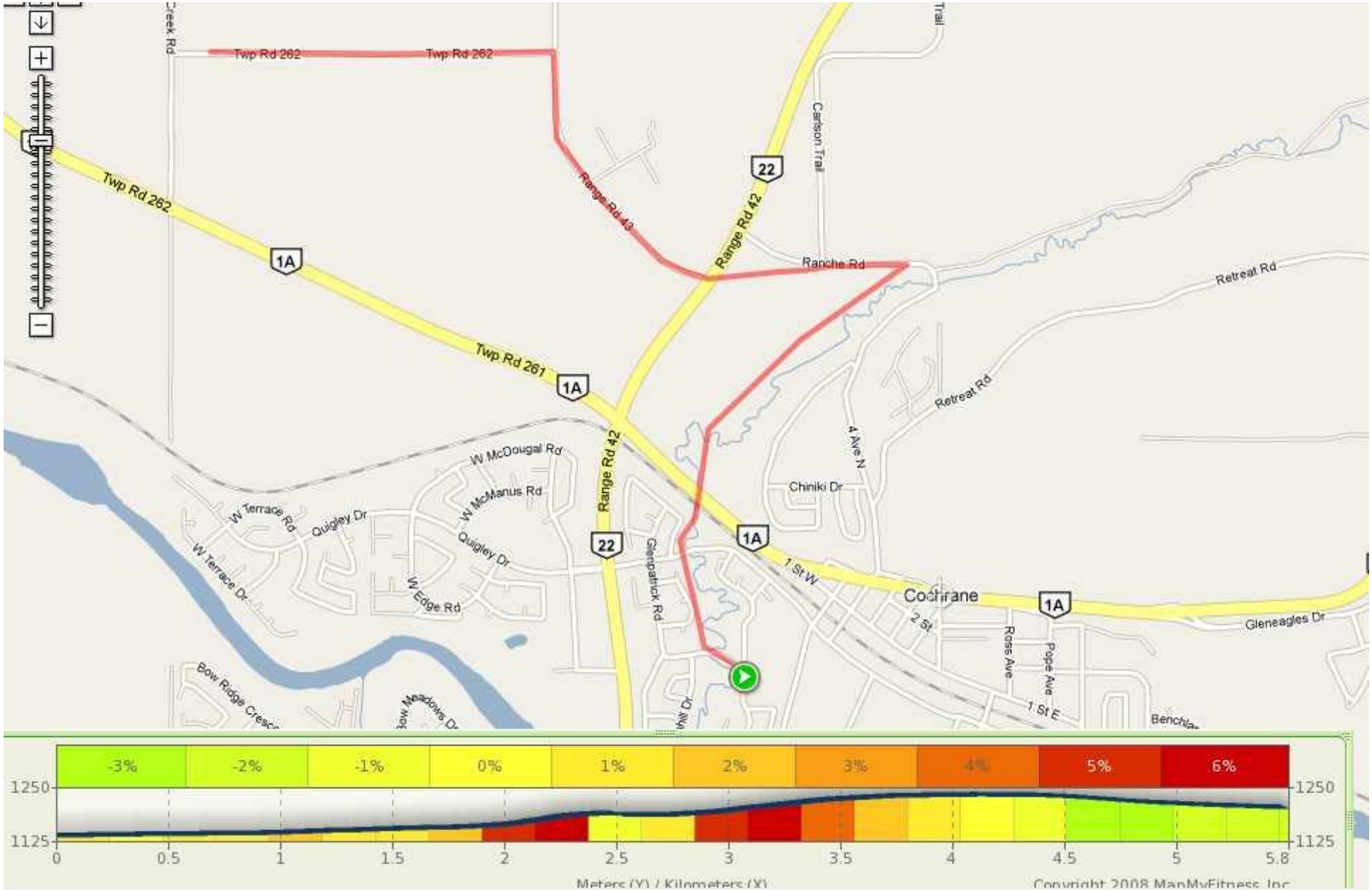Footstock Duathlon 2010 – Run #1: 5.8 km