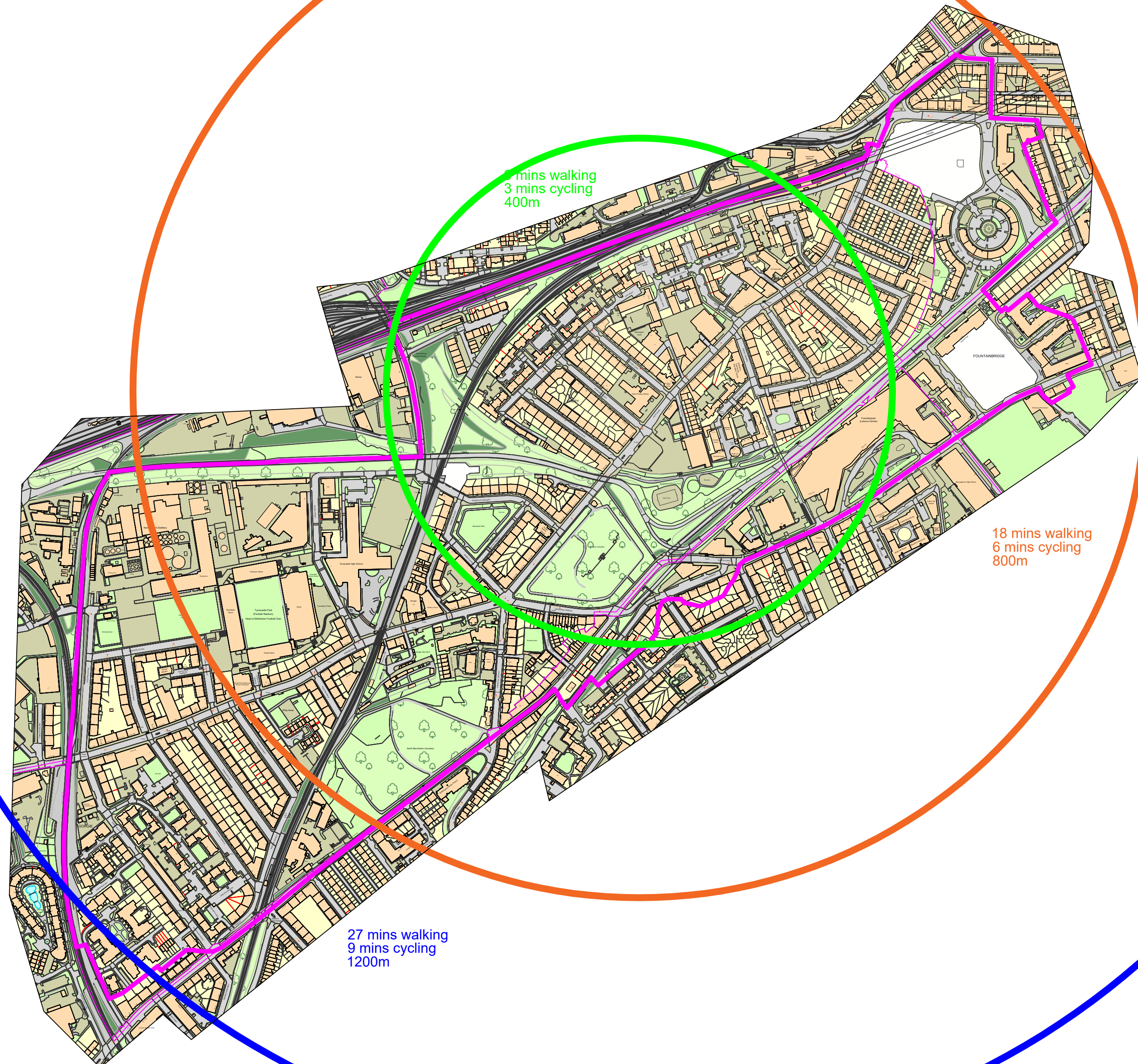




3 mins walking
3 mins cycling
400m

18 mins walking
6 mins cycling
800m

36 mins walking
12 mins cycling
1600m

27 mins walking
9 mins cycling
1200m