



### Route Information

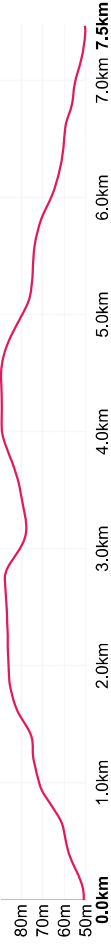
Route Name: Week 7

### Route Summary

Total Distance: 7.5km (4.6mi)  
 Elevation: 50m at lowest point, 89m at highest point  
 Total Ascent: 52m

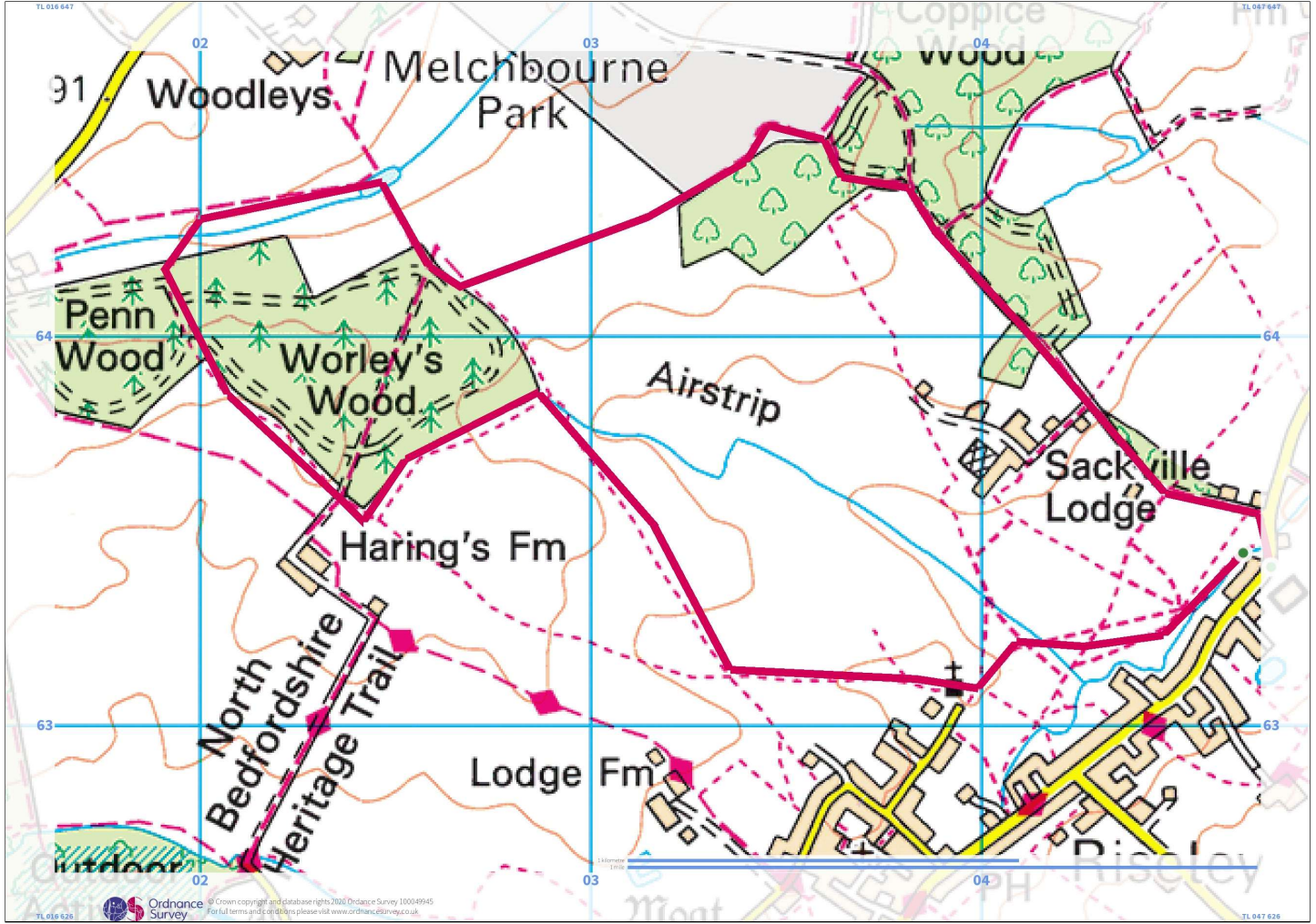
Walk: 1h 37min  
 Run: 40min  
 Cycle: 23min

### Elevation Profile



### Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	TL 047 634	0.00km	52° 15' 31" N	0° 28' 0" W	51m
Dist to next: 7.45km; Bearing to next: 297°; Ascent to next: 52m					
2	TL 046 634	7.45km	52° 15' 33" N	0° 28' 4" W	51m



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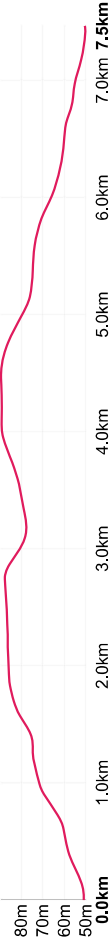
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