

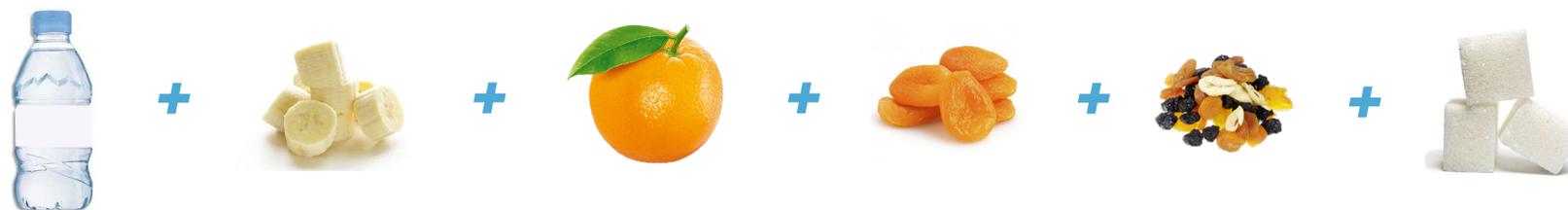
COMPOSITION RAVITAILLEMENT PARCOURS



**5K du 10K
de ROUEN**



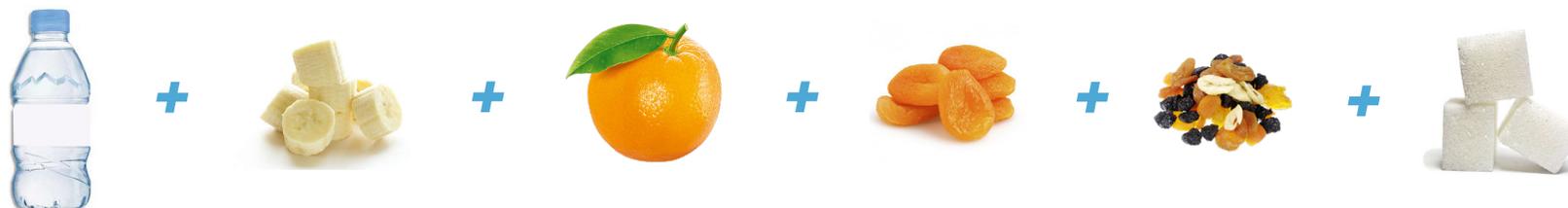
**5K, 10K
et 15K SEMI**



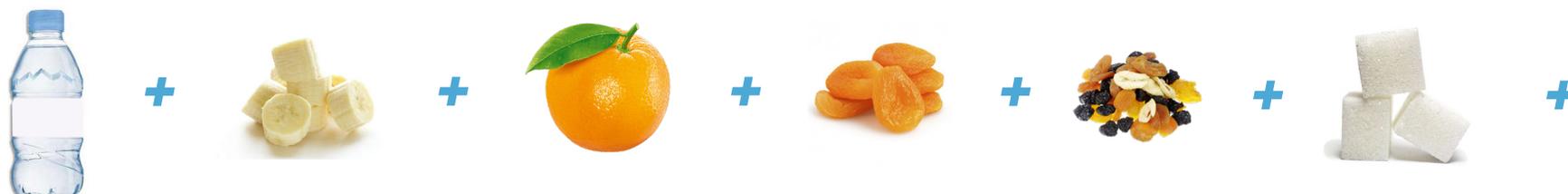
COMPOSITION RAVITAILLEMENT PARCOURS



*5K, 10K, 15K
et 20K MARATHON*



*25K, 30K, 35K
et 40K MARATHON*



COMPOSITION RAVITAILLEMENT ARRIVÉE

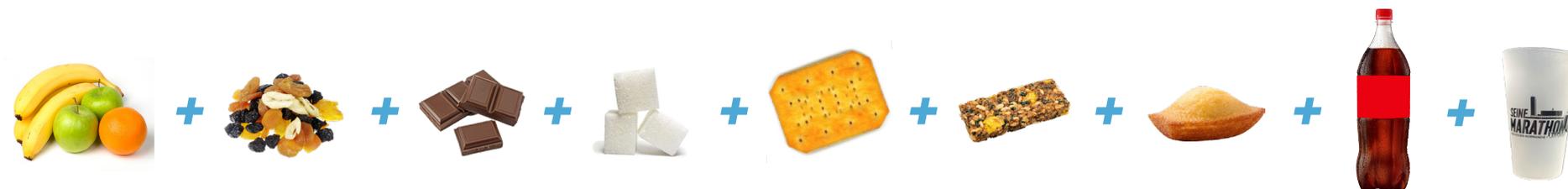
5KM



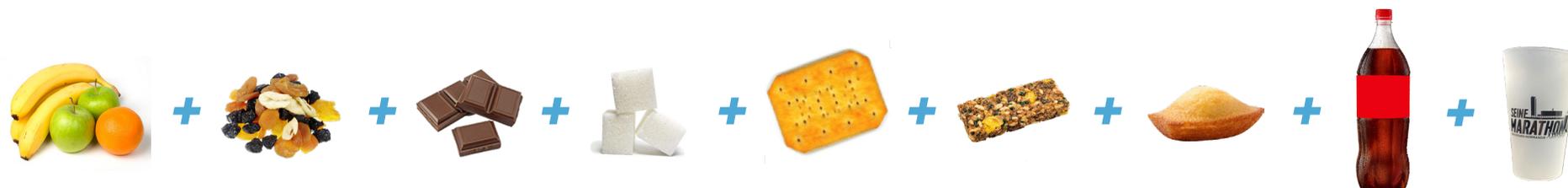
10KM



SEMI



MARATHON



*Ecocup + fontaine à eau
à l'arrivée de chaque course*