



XTEERRA®

JAPAN

Marunuma Course map



XTEERRA®

JAPAN TRAIL RUN

Bike 15K
 Long Distance 1 Lap + Loop 3 Laps
 Full Distance 1 Lap + Loop 1 Lap
 Duathlon 1 Lap + Loop 1 Lap

Bike 2.5K
 Light 4Laps
 Light Duathlon 4Laps

Bike 2K
 Kids 2Laps

Run 5K
 Long Distance 4Laps
 Full Distance 2Lap
 Duathlon 2Lap

Run 1K
 Duathlon 1st Run 2Laps
 Light Duathlon 1st Run 1Lap
 Light 4Laps
 Light Duathlon 4Laps
 Kids 2Laps

Trail Run 15K&30K
 Trail Run 16K 1Lap
 *10K 1Lap+5K 1Lap
 Trail Run Half Marathon 30K
 *20K 1Lap+5K 2Lap

Trail Run 3K
 Trail Run 3K 1Lap
 Trail Run 6K 2Laps

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WE PLAY WE PROTECT

Arrows, Cautions, Course tape

BIKE (Blue arrow)
TRAIL RUN (Orange arrow)
RUN (Red arrow)
START (S)
FINISH (F)
CHECK POINT (C)
ALL STARTER (A)
LANDING (W)

CAUTIONS:
 SLOW DOWN (Yellow text)
 DANGER (Red text)

COURSE TAPE:
 CROSSING (Red dashed line)