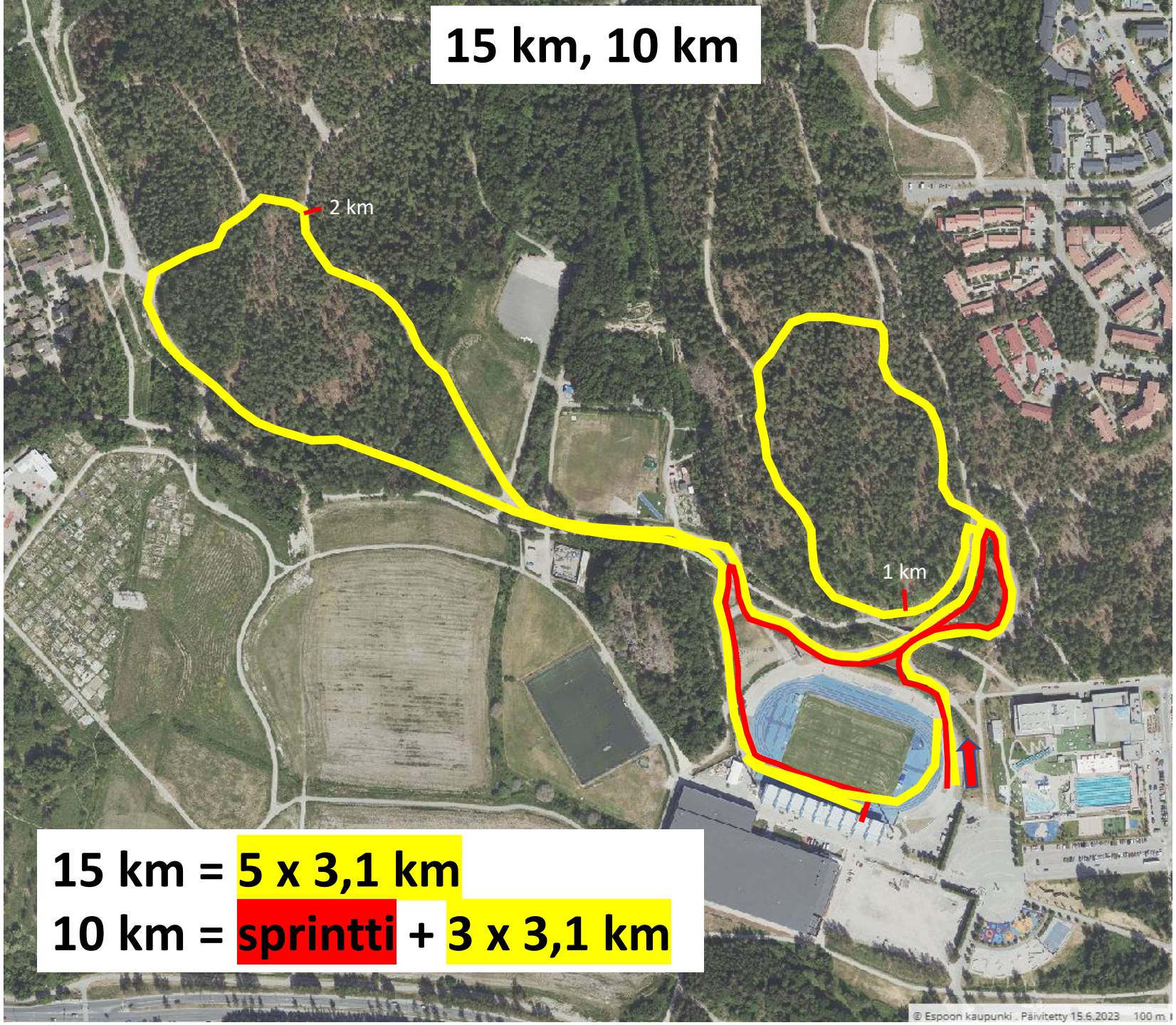
15 km, 10 km



15 km = 5 x 3,1 km

10 km = sprintti + 3 x 3,1 km