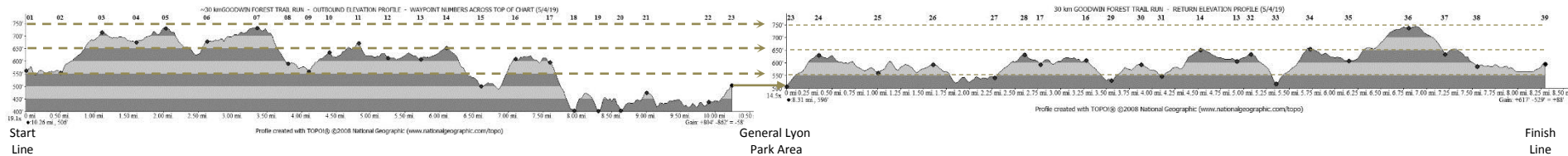


# 30K-Route Complete (Outbound and Return) Elevation Profile

~30 km Goodwin Forest Trail Run - Outbound & Return Elevation Profiles – Waypoint Numbers Across Top of Chart - 2019



Miles from Start Line

~Miles from General Lyon Park