

SECTION	CAP 1	NAT 1	CAP 2	NAT 2	CAP 3	NAT 3	CAP4	NAT 4	CAP 5	NAT 5
DISTANCE	3.6km	750m	800m	450m	3.25km	400m	1km	850m	400m	600m
SECTION	CAP 6	NAT 6	CAP 7	NAT 7	CAP 8	NAT 8	CAP 9	NAT 9	CAP 10	
DISTANCE	1.2km	500m	4.8km	550m	1km	1km	650m	700m	170m	