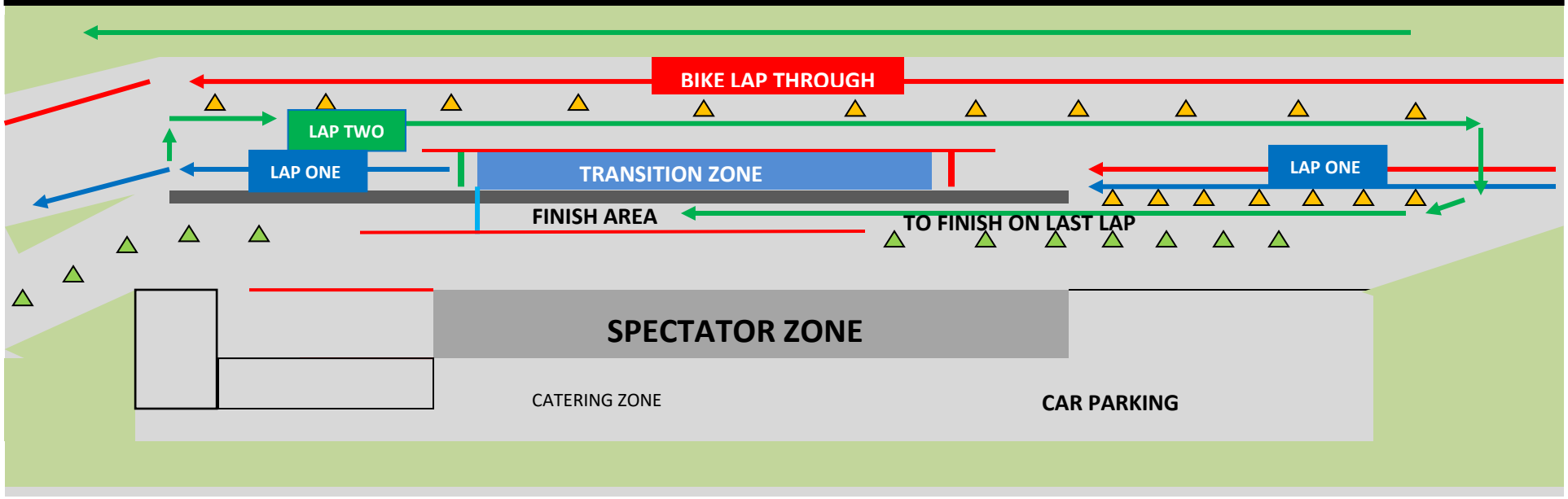DUATHLON – DONNYBROOK SUPER-SPRINT - 1st RUN= 1 long lap/2nd RUN=1 short lap