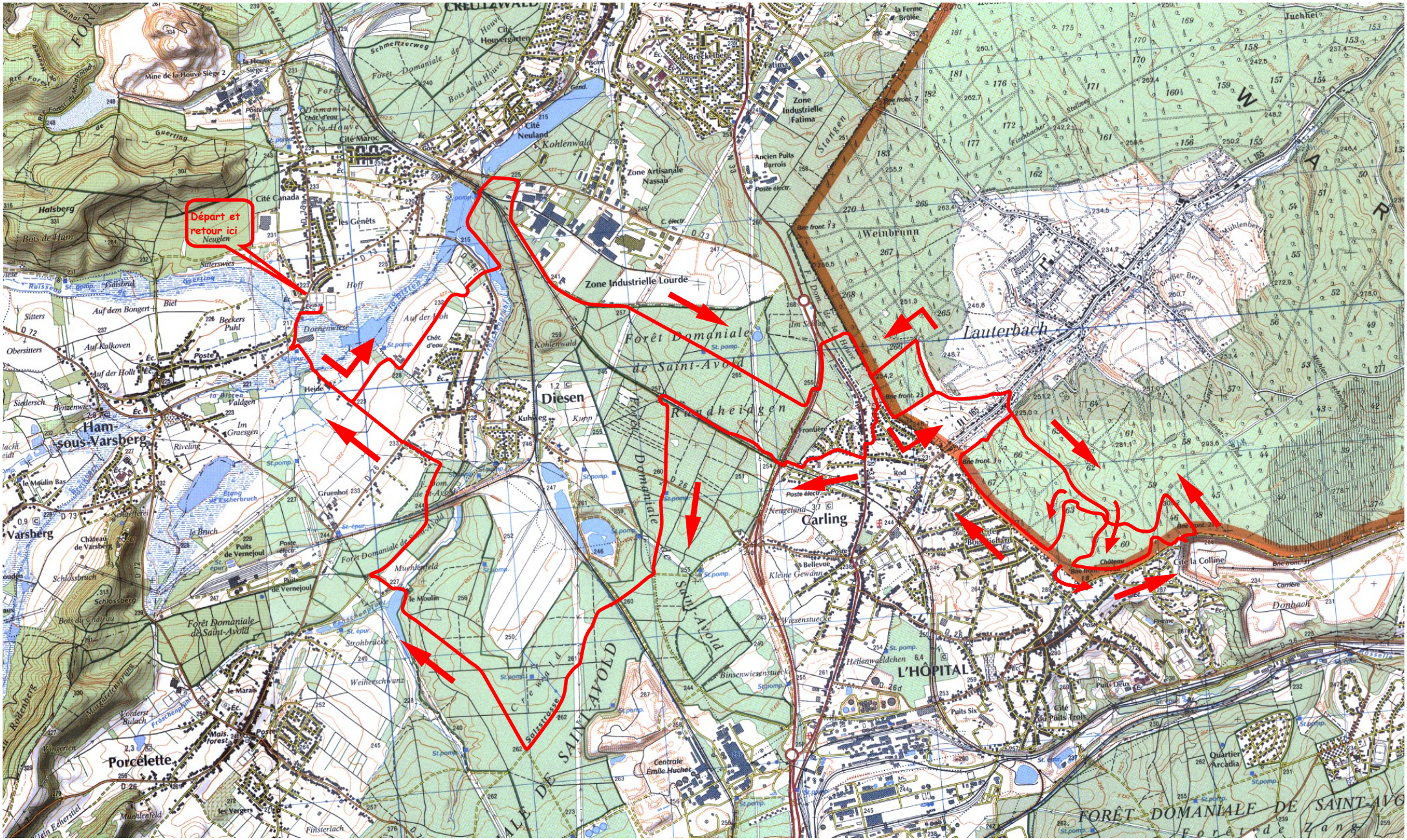PARCOURS DU 12 JUILLET 2013 (28 KM)