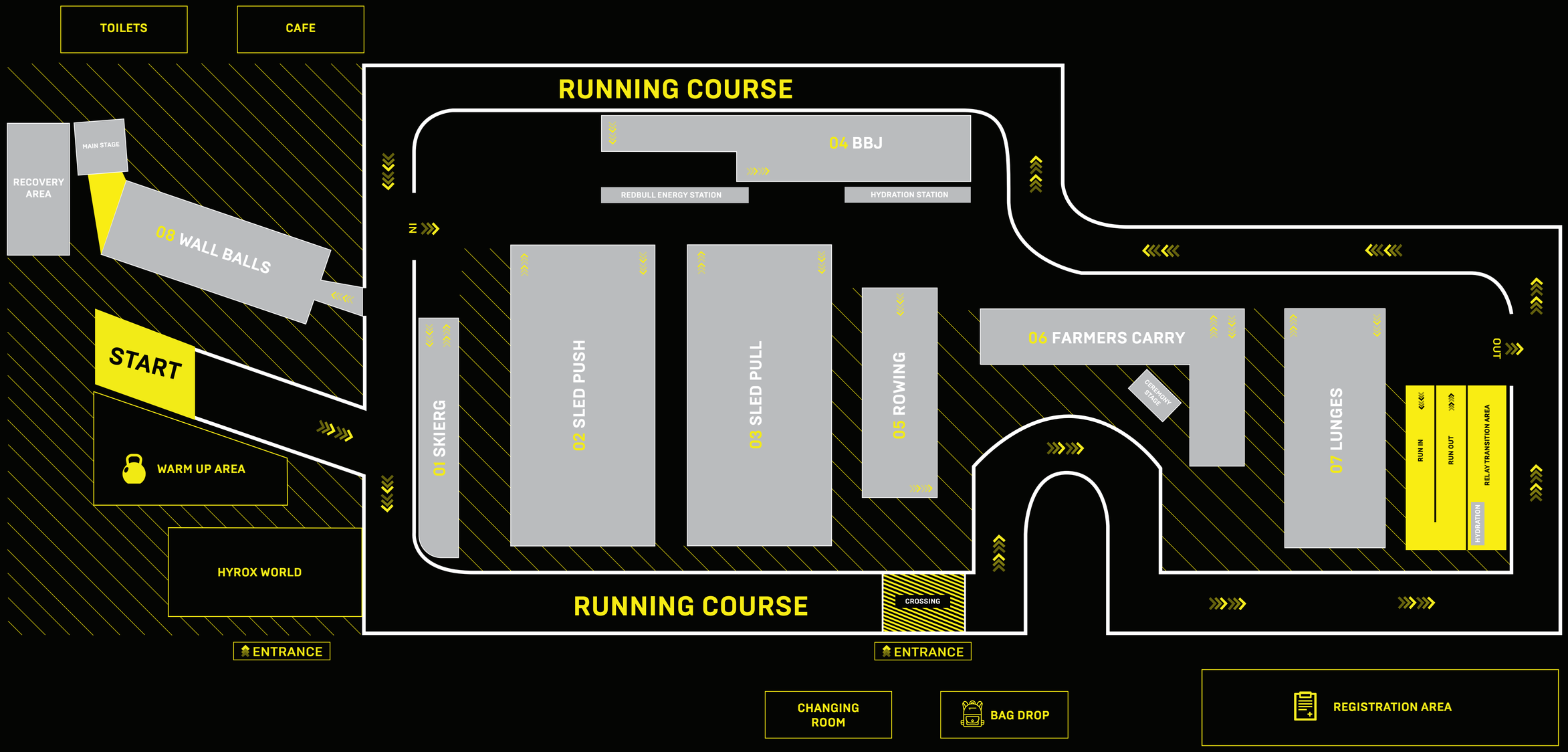
TOILETS
CAFE
RUNNING COURSE
04 BBJ
REDBULL ENERGY STATION
HYDRATION STATION
IN
RECOVERY AREA
MAIN STAGE
08 WALL BALLS
START
WARM UP AREA
HYROX WORLD
01 SKIERG
02 SLED PUSH
03 SLED PULL
05 ROWING
06 FARMERS CARRY
CEREMONY STAGE
07 LUNGES
OUT
RUN IN
RUN OUT
RELAY TRANSITION AREA
HYDRATION
RUNNING COURSE
CROSSING
ENTRANCE
ENTRANCE
CHANGING ROOM
BAG DROP
REGISTRATION AREA