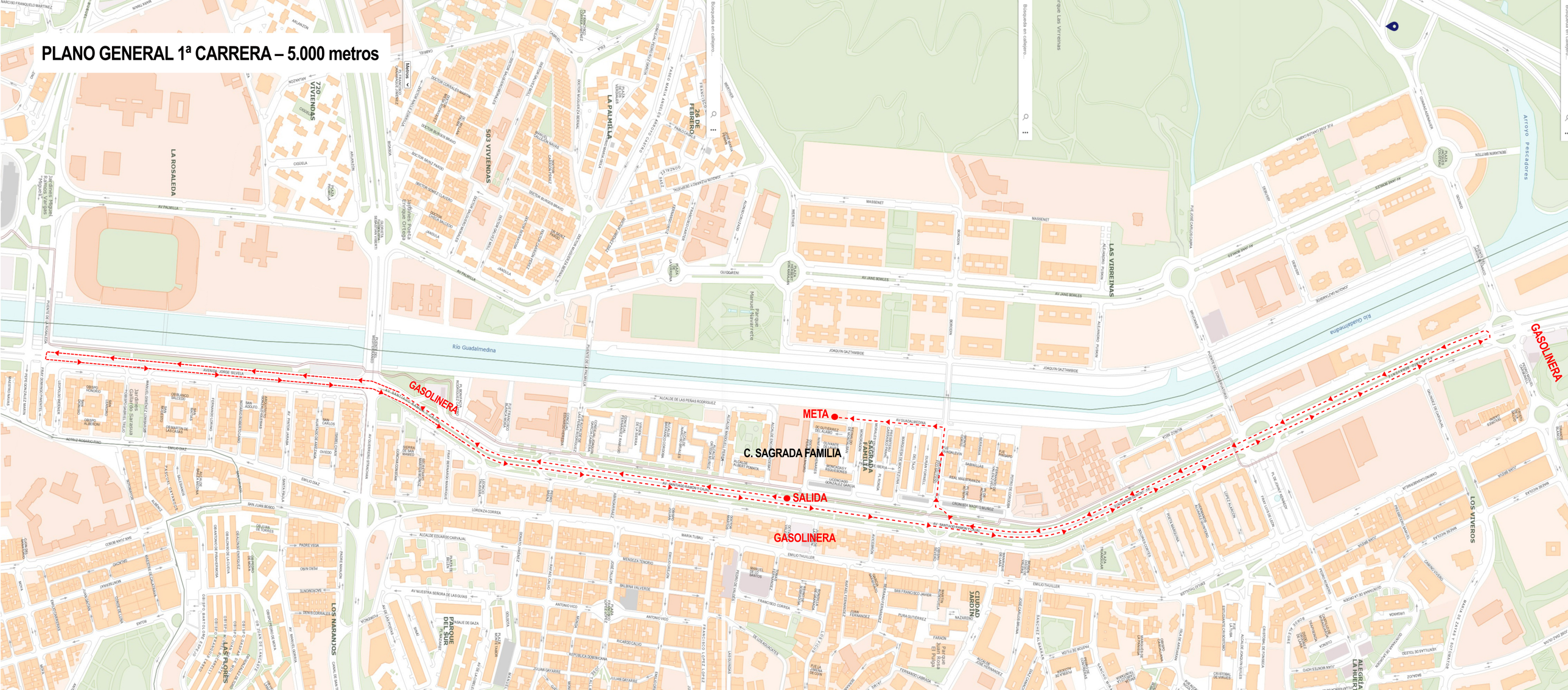# PLANO GENERAL 1ª CARRERA – 5.000 metros