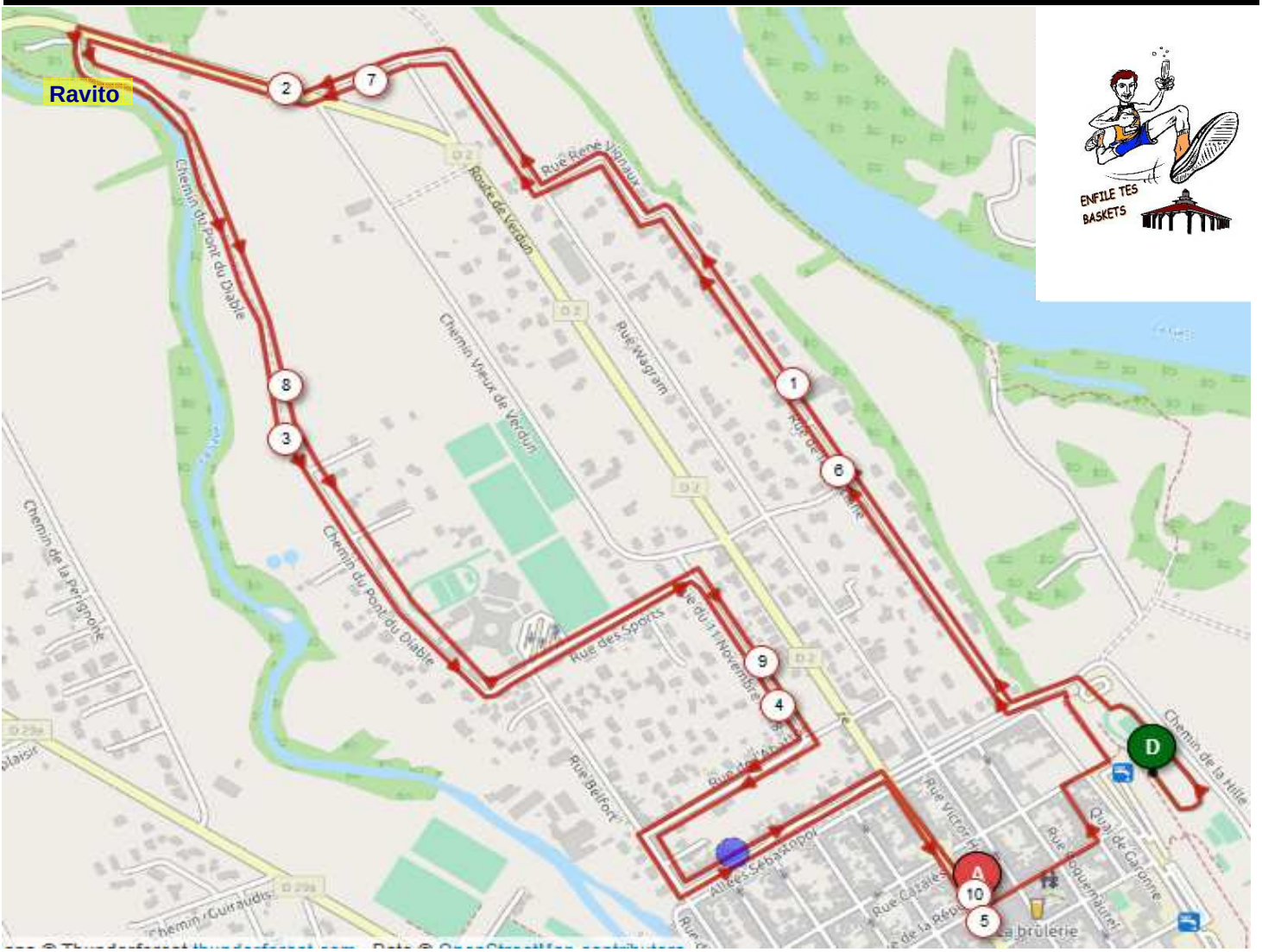PLAN 5 et 10 km Route