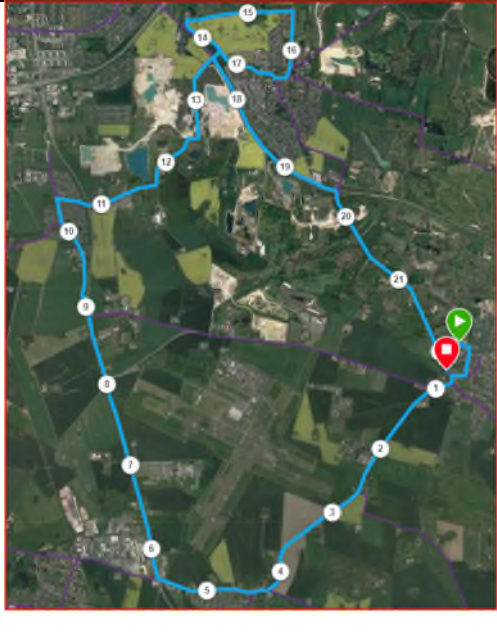
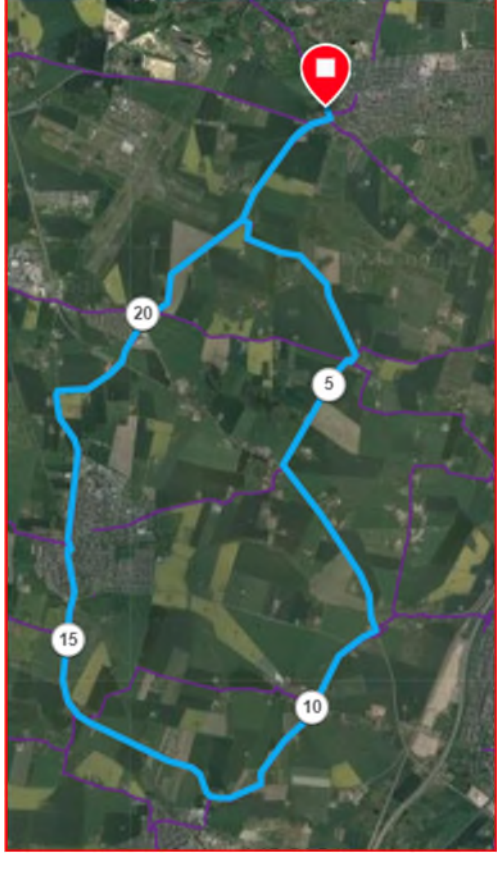
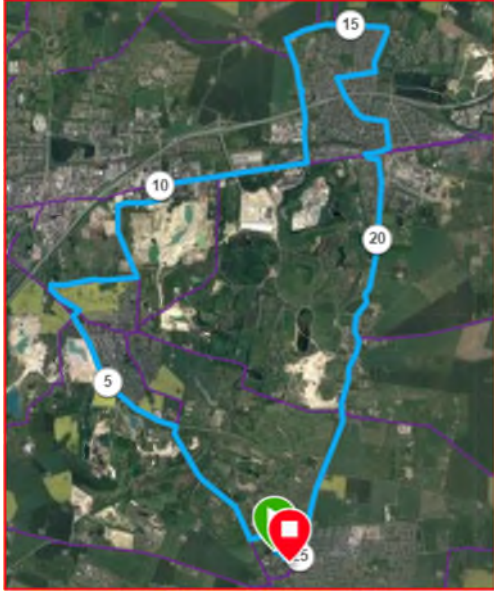
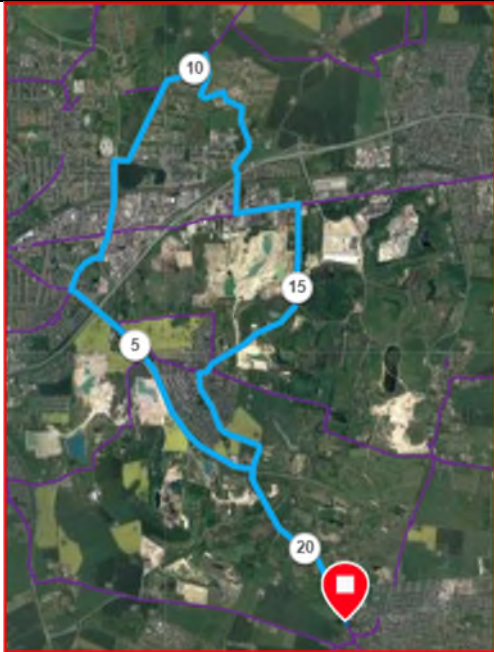


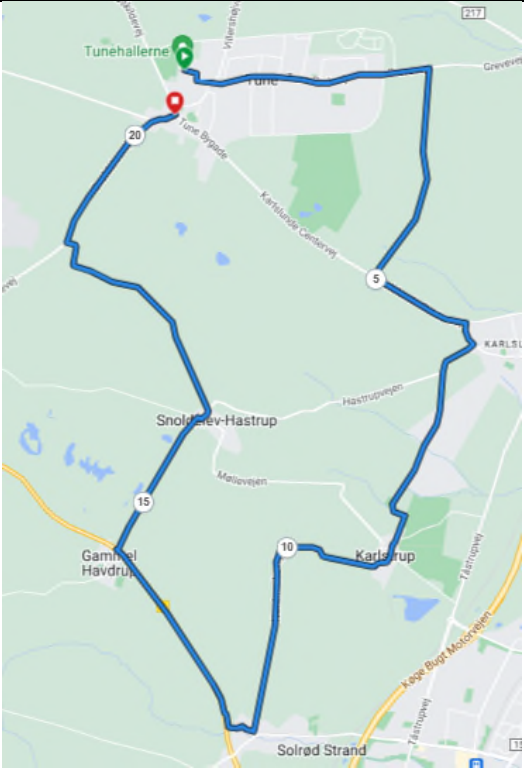
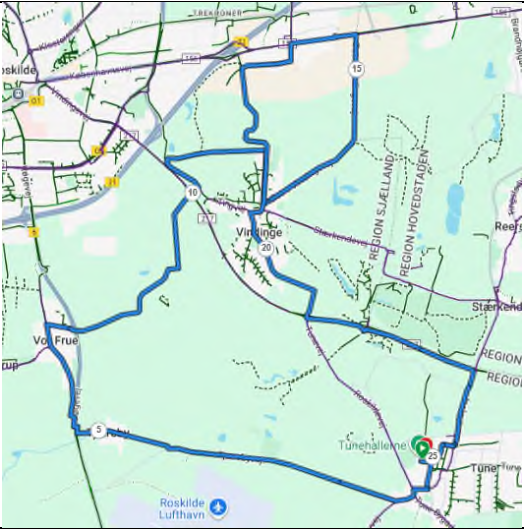
TCM Oktoberruter 2025.10.04

Hold C Rute 46 22 km 65 hm Oktober 1		https://connect.garmin.com/modern/course/99136811
Hold C Rute 47 23 km 83 hm Oktober 2		https://connect.garmin.com/modern/course/43424358

TCM Oktoberruter 2025.10.04

Hold C Rute 48 25 km 77 hm Oktober 3		https://connect.garmin.com/modern/course/79809763
Hold C Rute 49 21 km 84 hm Oktober 4		https://connect.garmin.com/modern/course/43423429

TCM Oktoberruter 2025.10.04

Hedeboløbet 20,5 km 85 hm Oktober 5	 A map showing a blue running route in the Snoldelev-Hastrup area. The route starts at a red pin near Tune, goes south through Karlstrup, Solrød Strand, and back to Tune. Road numbers 20, 15, 10, and 5 are visible. Landmarks include Tunehallerne and Gammel Høvdrup.	https://connect.garmin.com/modern/course/36457273
Hold C rute 65 25 km 75 hm	 A map showing a blue running route in the Roskilde area. The route is a loop starting near Roskilde Lufthavn, passing through Viringe, and ending near Tunehallerne. Road numbers 15, 10, 20, and 5 are visible. Regional labels like 'REGION SJÆLLAND' and 'REGION Hovedstaden' are present.	https://connect.garmin.com/modern/course/409141060