

BIG XII CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Iowa State Cross Country Complex
October 26, 2018



5.3

Difficulty

27%

Rolling Hills

4

Big Climbs

86m

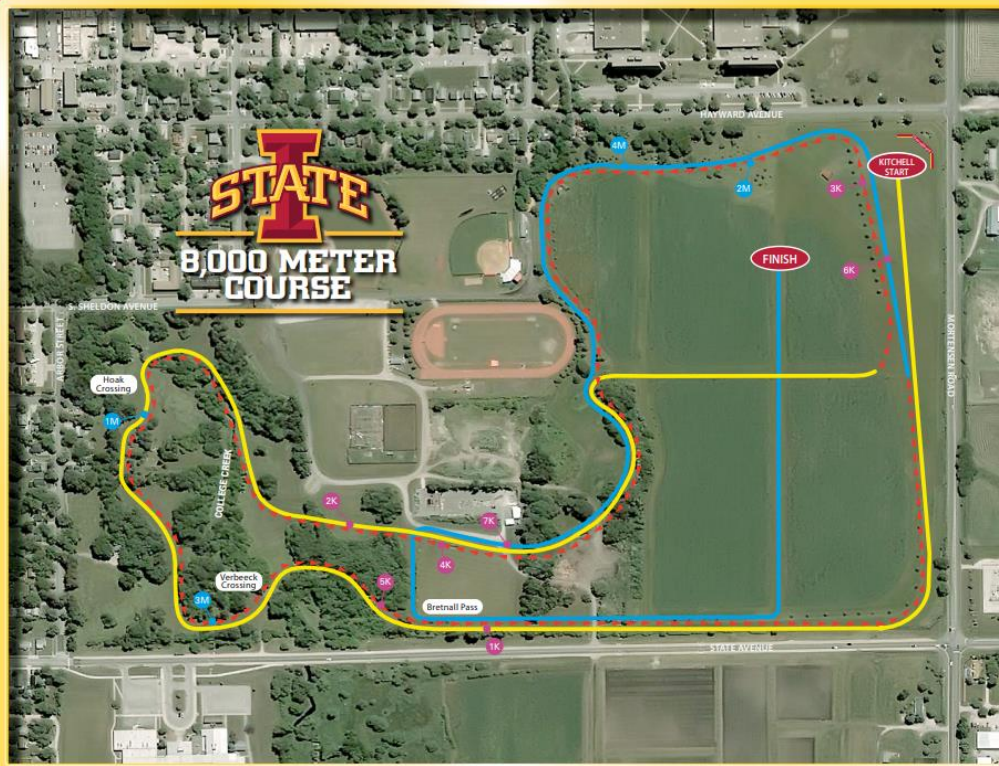
Average Hill Length

12%

Grade of Average Hill

Mile 3

Hardest Mile



Race Elevation Profile

