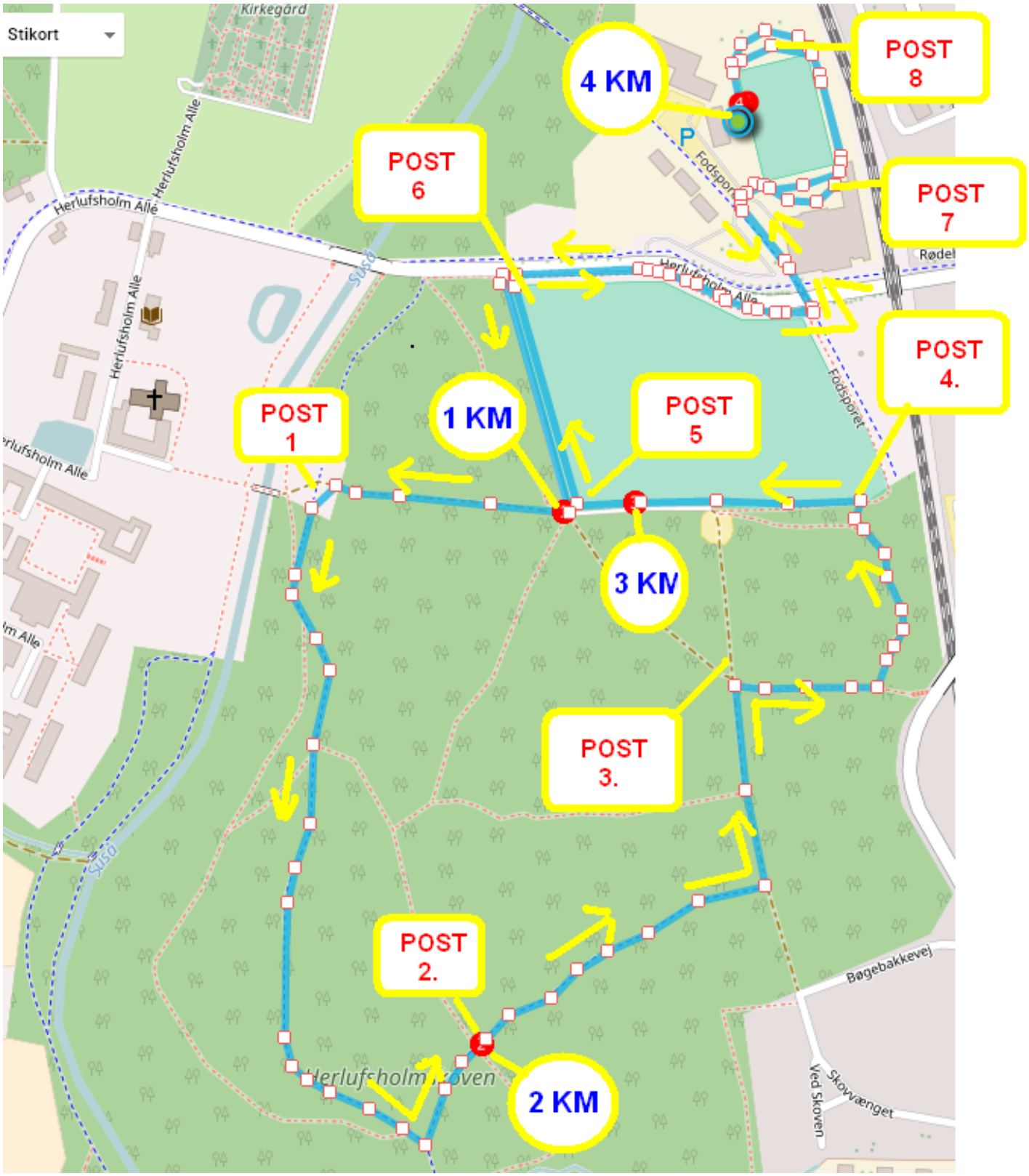CROSSFIT RUTE – 4KM. MED 8 POSTER