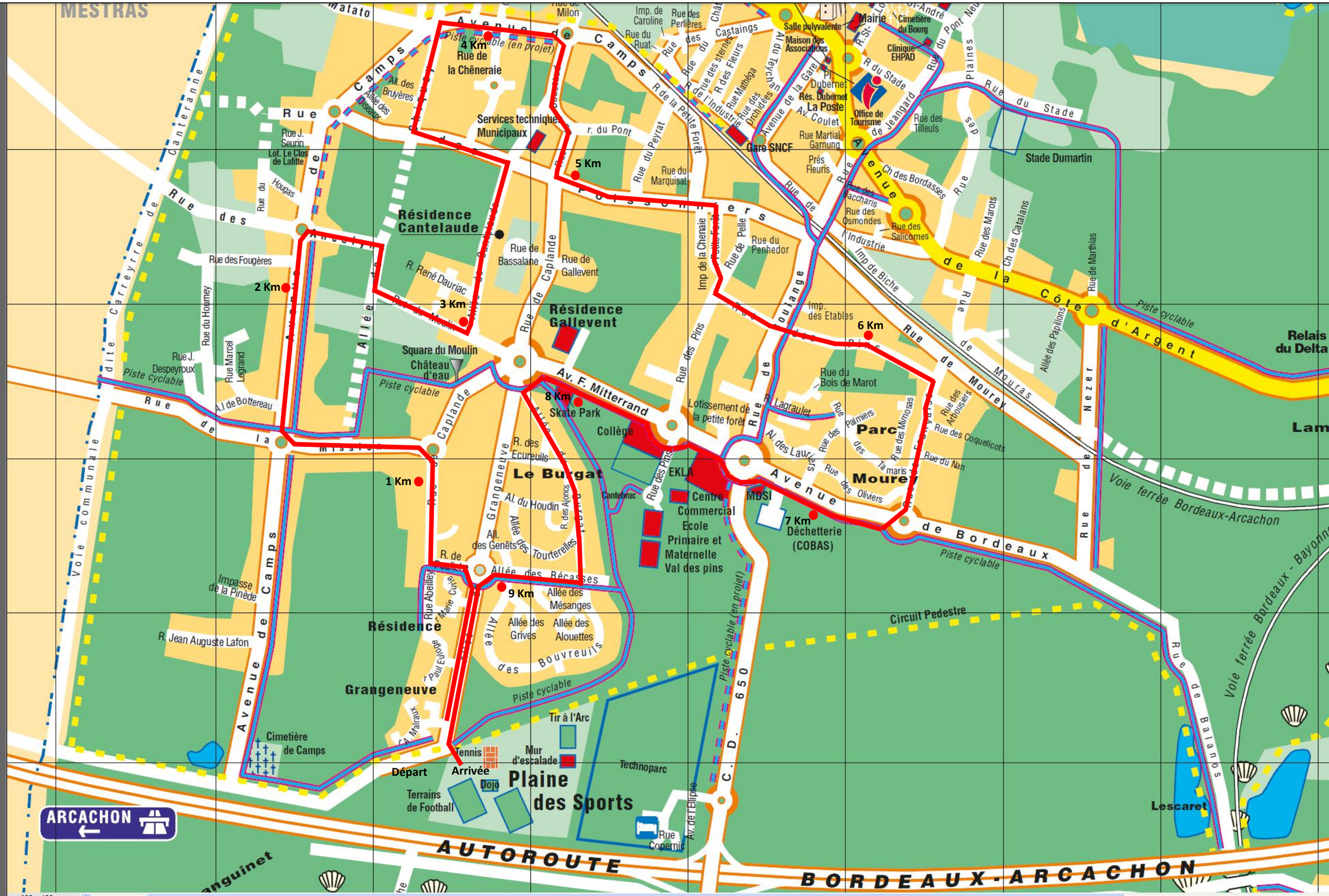Foulées des Plaines 10 kms 2024