The Cross-Country Race Challenge (Distance)

Athletes from different schools are training for a long-distance cross-country race. They keep detailed track of the distances they run, split into laps, sections, and warm-ups. Use math and algebra to help them calculate unknown distances, totals, and comparisons.

1) The full race course is 12 km long. The runners completed x km before resting, leaving 4 km remaining. Find x.

2) A runner jogs 3 equal laps around a 2-km field. What is the total distance run?

3) The boys' team ran 24 km altogether, and each member ran x km. If there are 6 runners, find x.

4) Mia ran 8 km more than Leo. If Leo ran 15 km, how far did Mia run?

5) A relay course is divided into 4 equal sections. The entire course is 20 km. How long is each section?

6) During training, Ava ran x km on Monday and 9 km on Tuesday, for a total of 21 km. Find x.

7) A team practices by running 5 laps, each 1.8 km long. Write an equation and find the total distance run.

8) Ben planned to run 30 km, but he stopped 6 km early. How far did he actually run?

9) The girls' team runs a warm-up of x km, followed by a 10-km trail, totaling 22 km. Find x.

10) The fastest runner's distance is 3 times longer than the slowest runner's distance. Together they ran 36 km. Write and solve for each runner's distance.