

Dia 2 - Etapa 4 - Longa					Nível	Winning	Contour	Distance
Escalão	Escala	Dist. Média	Desnivel	Pontos	Dificuldade	Time	Interval	To Start
T10	1:7500	1900 m	35 m	11 Controls	2			
M12	1:7500	2500 m	45 m	13 Controls	3	20 - 25'		
W12	1:7500	2500 m	45 m	13 Controls	3			
M14	1:10 000	2800 m	100 m	14 Controls	4	35 - 40'		
W14	1:10 000	2600 m	110 m	12 Controls	4			
M16	1:10 000	5300 m	245 m	14 Controls	5	45 - 50'		
W16	1:10 000	3900 m	180 m	13 Controls	5			
M18	1:15 000	6800 m	315 m	18 Controls	6	55 - 60'		
W18	1:15 000	5100 m	230 m	13 Controls	6	50 - 55'		
M20	1:15 000	9200 m	465 m	24 Controls	6	65 - 70'		
W20	1:15 000	6600 m	320 m	18 Controls	6	55 - 60'		
M21B	1:10 000	3900 m	165 m	13 Controls	4	50 - 55'		
W21B	1:10 000	3800 m	145 m	12 Controls	4	40 - 45'		
M21A	1:15 000	8200 m	420 m	18 Controls	6	60 - 65'		
W21A	1:15 000	6800 m	305 m	15 Controls	6	50 - 55'		
M21E	1:15 000	13400 m <small>Loop Course</small>	555 m	22 Controls	6	90 - 95'		
W21E	1:15 000	9700 m <small>Loop Course</small>	465 m	22 Controls	6	70 - 80'		
M35	1:15 000	9400 m	485 m	22 Controls	6	65 - 70'		
W35	1:15 000	7200 m	365 m	16 Controls	6	50 - 55'		
M40	1:15 000	8700 m	425 m	20 Controls	6	65 - 70'		
W40	1:15 000	6900 m	335 m	17 Controls	6	50 - 55'		
M45	1:10 000	8300 m	410 m	20 Controls	6	55 - 60'		
W45	1:10 000	6000 m	270 m	14 Controls	6	45 - 50'		
M50	1:10 000	8000 m	405 m	18 Controls	6	55 - 60'		
W50	1:10 000	4600 m	195 m	15 Controls	6	45 - 50'		
M55	1:10 000	7100 m	350 m	16 Controls	6	50 - 55'		
M55 Short	1:10 000	5800 m	245 m	12 Controls	4	50 - 55'		
W55	1:10 000	4100 m	165 m	13 Controls	6	40 - 45'		
M60	1:10 000	7000 m	340 m	18 Controls	6	50 - 55'		
M60 Short	1:10 000	6000 m	260 m	16 Controls	4	50 - 55'		
W60	1:10 000	4100 m	165 m	13 Controls	6	40 - 45'		
M65	1:7500	6100 m	275 m	15 Controls	5	45 - 50'		
M65 Short	1:7500	4100 m	165 m	13 Controls	3			
W65	1:7500	3200 m	150 m	12 Controls	5	35 - 40'		
M70	1:7500	4100 m	165 m	13 Controls	5	45 - 50'		
W70	1:7500	2600 m	90 m	10 Controls	5	35 - 40'		
M75	1:7500	3200 m	150 m	12 Controls	5	40 - 45'		
W75	1:7500	2600 m	90 m	10 Controls	5	30 - 35'		
M80	1:7500	2600 m	90 m	10 Controls	5	35 - 40'		
W80	1:7500	1800 m	75 m	10 Controls	5	30 - 35'		
M85	1:7500	2600 m	90 m	10 Controls	5	35 - 40'		
W85	1:7500	1800 m	75 m	10 Controls	5	30 - 35'		
M90	1:7500	1800 m	75 m	10 Controls	5			
Fácil Curto	1:7500	2500 m	45 m	13 Controls	2	25 - 30'		
Fácil Longo	1:10 000	4500 m	115 m	20 Controls	3	40 - 45'		
Difícil Curto	1:10 000	4100 m	165 m	13 Controls	5	20 - 25'		
Difícil Longo	1:10 000	7000 m	340 m	18 Controls	6	40 - 45'		

5 m

500 m