

Dia 3 - Etapa 5 - Média - WRE					Nível	Winning	Contour	Distance	
Escalão	Escala	Dist. Média	Desnivel	Pontos	Dificuldade	Time	Interval	To Start	
T10	1:7500	2600 m	45 m	15 Controls	2	20 - 25'	5 m	1000 m	
M12	1:7500	2500 m	45 m	13 Controls	3				
W12	1:7500	2500 m	45 m	13 Controls	3				
M14	1:10 000	2600 m	60 m	14 Controls	4	25 - 30'			
W14	1:10 000	2600 m	60 m	14 Controls	4				
M16	1:10 000	3500 m	135 m	15 Controls	5	30 - 35'			
W16	1:10 000	3100 m	125 m	14 Controls	5				
M18	1:10 000	3900 m	155 m	19 Controls	6				
W18	1:10 000	3700 m	145 m	17 Controls	6				
M20	1:10 000	4200 m	165 m	20 Controls	6				
W20	1:10 000	4000 m	150 m	18 Controls	6				
M21B	1:10 000	3000 m	125 m	12 Controls	4				
W21B	1:10 000	3200 m	145 m	14 Controls	4				
M21A	1:10 000	3900 m	155 m	19 Controls	6				
W21A	1:10 000	3500 m	150 m	17 Controls	6				
M21E	1:10 000	5200 m	235 m	23 Controls	6				
W21E	1:10 000	4200 m	220 m	18 Controls	6				
M35	1:10 000	4500 m	170 m	18 Controls	6				
W35	1:10 000	3500 m	150 m	15 Controls	6				
M40	1:10 000	4300 m	165 m	19 Controls	6				
W40	1:10 000	3300 m	150 m	15 Controls	6				
M45	1:10 000	3900 m	160 m	21 Controls	6				
W45	1:10 000	3100 m	145 m	13 Controls	6				
M50	1:10 000	3800 m	155 m	18 Controls	6				
W50	1:10 000	3000 m	130 m	15 Controls	6				
M55	1:10 000	3600 m	145 m	16 Controls	6				
M55 Short	1:10 000	3100 m	135 m	13 Controls	4				
W55	1:10 000	3000 m	120 m	14 Controls	6				
M60	1:10 000	3400 m	150 m	15 Controls	6				
M60 Short	1:10 000	2700 m	85 m	14 Controls	4				
W60	1:10 000	2800 m	80 m	13 Controls	6				
M65	1:7500	3100 m	150 m	13 Controls	5				25 - 30'
M65 Short	1:7500	2300 m	80 m	11 Controls	3				
W65	1:7500	2300 m	75 m	11 Controls	5				
M70	1:7500	2800 m	80 m	13 Controls	5				
W70	1:7500	2300 m	75 m	11 Controls	5				
M75	1:7500	2300 m	75 m	11 Controls	5				
W75	1:7500	2300 m	75 m	11 Controls	5				
M80	1:7500	2300 m	75 m	11 Controls	5				
W80	1:7500	1800 m	65 m	10 Controls	5				
M85	1:7500	2300 m	75 m	11 Controls	5				
W85	1:7500	1800 m	65 m	10 Controls	5				
M90	1:7500	1800 m	65 m	10 Controls	5				
Fácil Curto	1:7500	2300 m	50 m	11 Controls	2	25 - 30'			
Fácil Longo	1:10 000	3100 m	85 m	16 Controls	3	40 - 45'			
Difícil Curto	1:10 000	2300 m	75 m	11 Controls	5	20 - 25'			
Difícil Longo	1:10 000	3000 m	120 m	13 Controls	6	40 - 45'			