

**Dia 1 - Etapa 3 - Sprint Noturno**

<b>Escalão</b>	<b>Escala</b>	<b>Dist. Linear</b>	<b>Dist. Mais Curta</b>	<b>Desnivel</b>
T10	1:4 000	1100 m	1200 m	42 m
M12, W12	1:4 000	1400 m	1700 m	58 m
M14	1:4 000	1600 m	1900 m	57 m
W14, W21B	1:4 000	1500 m	1900 m	63 m
M21B, W21A	1:4 000	1500 m	1900 m	56 m
M16, M18	1:4 000	1800 m	2200 m	47 m
W16, W18	1:4 000	1500 m	1900 m	59 m
M20, M21A	1:4 000	2400 m	3000 m	91 m
W20	1:4 000	1600 m	1900 m	60 m
M21E	1:4 000	2600 m	3400 m	111 m
W21E	1:4 000	2300 m	2900 m	91 m
M35, M40	1:4 000	2500 m	3200 m	102 m
W35, W40	1:4 000	1800 m	2200 m	47 m
M45, M50	1:4 000	1800 m	2200 m	47 m
W45, W50	1:4 000	1600 m	2000 m	56 m
M55, M55 Short, M60, M60 Short	1:4 000	1700 m	2100 m	57 m
W55, W60	1:4 000	1500 m	1900 m	64 m
M65, , M65 Short, M70	1:4 000	1500 m	1900 m	61 m
W65, W70	1:4 000	1500 m	1800 m	58 m
M75, M80	1:4 000	1500 m	1900 m	62 m
W75, W80	1:4 000	1400 m	1800 m	60 m
M85, M90, W85	1:4 000	1300 m	1700 m	52 m
Fácil Longo	1:4 000	1500 m	1800 m	60 m
Difícil Curto	1:4 000	1500 m	1800 m	58 m
Difícil Longo	1:4 000	1800 m	2200 m	47 m
Easy Short	1:4 000	1100 m	1200 m	42 m

<i><b>Pontos</b></i>	<i><b>OBS:</b></i>
21 Controls	
20 Controls	
17 Controls	
16 Controls	
19 Controls	
20 Controls	
19 Controls	
22 Controls	MAP FLIP
20 Controls	
29 Controls	MAP FLIP
22 Controls	MAP FLIP
26 Controls	MAP FLIP
20 Controls	
20 Controls	
19 Controls	
17 Controls	
15 Controls	
15 Controls	
14 Controls	
18 Controls	
17 Controls	
16 Controls	
20 Controls	
14 Controls	
20 Controls	
21 Controls	