

Dia 4 - Etapa 7 - Longa - Chasing Start to Elite Pedestre					Nível	Contour	Distance
Escalão	Escala	Dist. Média	Desnivel	Pontos	Dificuldade	Interval	To Start
T10	1:7500	2000 m	30 m	12 Controls	2	5 m	1000 m
M12	1:7500	2600 m	40 m	12 Controls	3		
W12	1:7500	2600 m	40 m	12 Controls	3		
M14	1:10 000	3500 m	70 m	16 Controls	4		
W14	1:10 000	3500 m	70 m	16 Controls	4		
M16	1:10 000	4400 m	160 m	15 Controls	5		
W16	1:10 000	4100 m	145 m	13 Controls	5		
M18	1:15 000	6800 m	195 m	16 Controls	6		
W18	1:15 000	5300 m	170 m	17 Controls	6		
M20	1:15 000	9700 m	415 m	20 Controls	6		
W20	1:15 000	7100 m	195 m	17 Controls	6		
M21B	1:10 000	4700 m	170 m	16 Controls	4		
W21B	1:10 000	3800 m	180 m	14 Controls	4		
M21A	1:15 000	7500 m	230 m	19 Controls	6		
W21A	1:15 000	6900 m	210 m	17 Controls	6		
M21E	1:15 000	11900 m	490 m	24 Controls	6	5 m	0 m
W21E	1:15 000	8900 m	390 m	17 Controls	6		
M35	1:15 000	10500 m	440 m	22 Controls	6	5 m	1000 m
W35	1:15 000	7800 m	345 m	18 Controls	6		
M40	1:15 000	9300 m	425 m	19 Controls	6		
W40	1:15 000	7000 m	310 m	15 Controls	6		
M45	1:10 000	8700 m	430 m	17 Controls	6		
W45	1:10 000	5900 m	290 m	15 Controls	6		
M50	1:10 000	8000 m	380 m	17 Controls	6		
W50	1:10 000	5000 m	260 m	16 Controls	6		
M55	1:10 000	7700 m	345 m	18 Controls	6		
M55 Short	1:10 000	6100 m	280 m	15 Controls	4		
W55	1:10 000	3900 m	220 m	14 Controls	6		
M60	1:10 000	6900 m	315 m	17 Controls	6		
M60 Short	1:10 000	4000 m	220 m	13 Controls	4		
W60	1:10 000	4700 m	215 m	17 Controls	6		
M65	1:7500	6000 m	290 m	15 Controls	5		
M65 Short	1:7500	3400 m	210 m	13 Controls	3		
W65	1:7500	3500 m	205 m	13 Controls	5		
M70	1:7500	4700 m	215 m	17 Controls	5		
W70	1:7500	2700 m	205 m	11 Controls	5		
M75	1:7500	3500 m	205 m	13 Controls	5		
W75	1:7500	2700 m	205 m	11 Controls	5		
M80	1:7500	2700 m	205 m	11 Controls	5		
W80	1:7500	2200 m	90 m	11 Controls	5		
M85	1:7500	2700 m	205 m	11 Controls	5		
W85	1:7500	2200 m	90 m	11 Controls	5		
M90	1:7500	2200 m	90 m	11 Controls	5		
Fácil Curto	1:7500	2500 m	45 m	11 Controls	2		
Fácil Longo	1:10 000	3900 m	80 m	19 Controls	3		
Difícil Curto	1:10 000	2400 m	110 m	12 Controls	5		
Difícil Longo	1:10 000	3600 m	160 m	12 Controls	6		