



## LUNGHEZZE (km) e DISLIVELLI (m)

## LENGHT (km) and CLIMB (m)

<i>Categoria Class</i>	<i>Sabato Saturday</i>	<i>Domenica Sunday</i>	<i>Categoria Class</i>	<i>Sabato Saturday</i>	<i>Domenica Sunday</i>
<b>M10*</b>	1.5 + 25	1.2 + 10	<b>W10*</b>	1.5 + 25	1.2 + 10
<b>M12</b>	1.9 + 40	1.5 + 25	<b>W12</b>	1.9 + 40	1.5 + 25
<b>M14</b>	2.4 + 60	2 + 50	<b>W14</b>	2.4 + 60	2 + 50
<b>M16</b>	3 + 80	2.2 + 80	<b>W16</b>	2.3 + 55	2 + 60
<b>M18</b>	3.5 + 105	2.6 + 100	<b>W18</b>	2.9 + 75	2 + 65
<b>M20</b>	3.5 + 105	2.6 + 100	<b>W20</b>	2.9 + 75	2 + 65
<b>ME</b>	4.1 + 130	3.2 + 130	<b>WE</b>	3.5 + 110	2.6 + 95
<b>MB</b>	2.2 + 55	1.7 + 35	<b>WB</b>	1.8 + 45	1.5 + 35
<b>M35</b>	3 + 80	2.2 + 80	<b>W35</b>	2.4 + 55	2.1 + 70
<b>M40</b>	3 + 70	1.9 + 50	<b>W40</b>	2.4 + 55	2.1 + 70
<b>M45</b>	3 + 70	1.9 + 50	<b>W45</b>	2 + 40	2 + 60
<b>M50</b>	2.5 + 60	1.9 + 60	<b>W50</b>	2 + 40	2 + 60
<b>M55</b>	2.5 + 60	1.9 + 60	<b>W55</b>	1.8 + 45	1.5 + 35
<b>M60</b>	2.3 + 55	2 + 60	<b>W60</b>	1.8 + 45	1.5 + 35
<b>M65</b>	2.2 + 55	1.7 + 35	<b>W65</b>	1.8 + 45	1.5 + 35
<b>M70</b>	2.2 + 55	1.7 + 35	<b>W70</b>	1.8 + 40	1.5 + 25
<b>M75</b>	1.8 + 40	1.5 + 25	<b>W75</b>	1.8 + 40	1.5 + 25
<b>DIRECT</b>	3 + 65	1.7 + 50	<b>ESO</b>	1.9 + 40	1.5 + 45

\*Nelle categorie MW10 è previsto il "ghosting" da parte di un adulto, che abbia già concluso la sua gara o che non partecipi, il quale potrà seguire il/la bambino/a per motivi di sicurezza, senza aiutare.

\* In the MW10 categories, "ghosting" by an adult is allowed, provided the adult has already finished their race or is not participating, and they may follow the child for safety reasons without assisting.