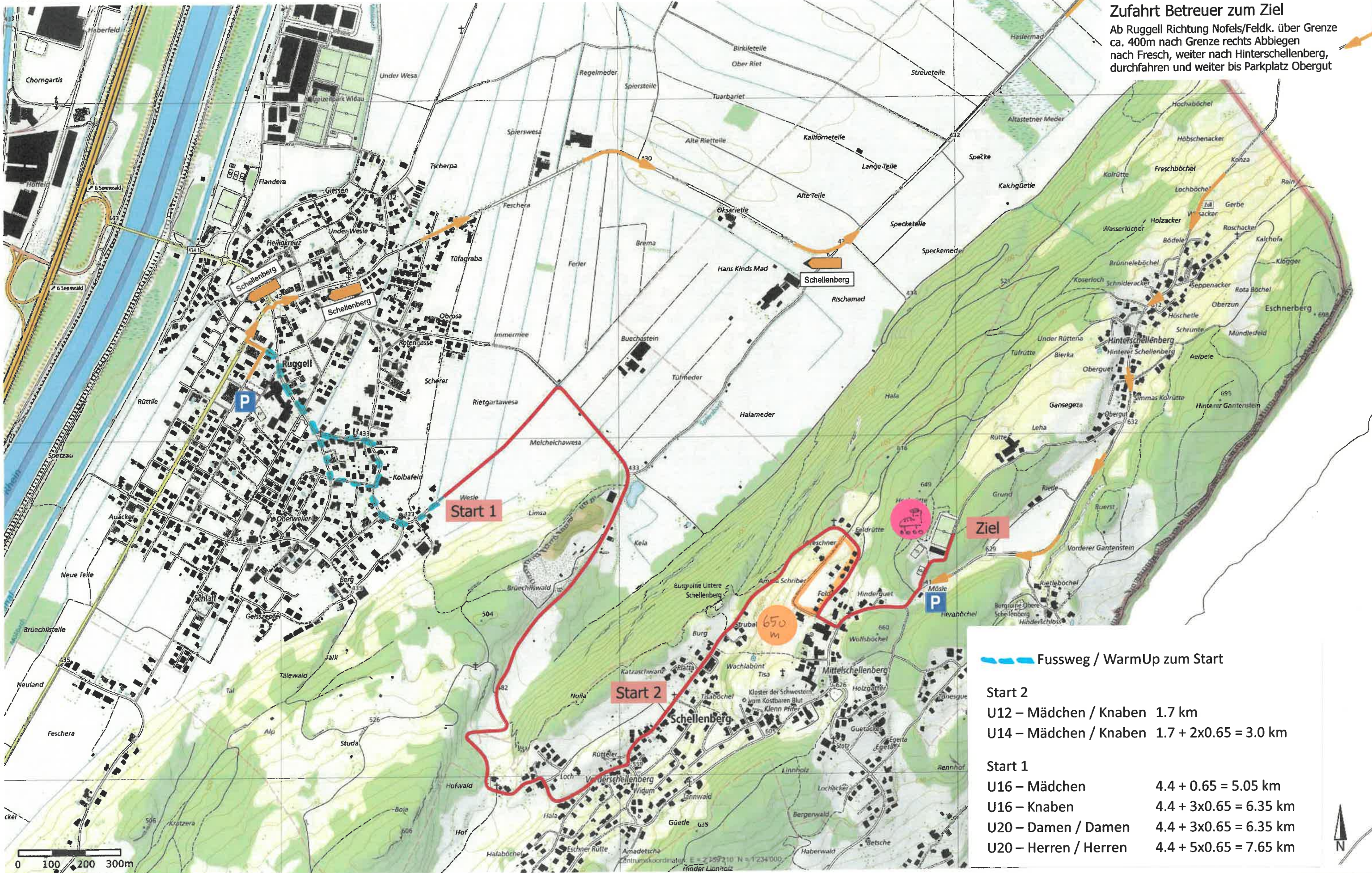




Fussweg / WarmUp zum Start

Start 2

U12 – Mädchen / Knaben 1.7 km

U14 – Mädchen / Knaben $1.7 + 2 \times 0.65 = 3.0$ km

Start 1

U16 – Mädchen $4.4 + 0.65 = 5.05$ km

U16 – Knaben $4.4 + 3 \times 0.65 = 6.35$ km

U20 – Damen / Damen $4.4 + 3 \times 0.65 = 6.35$ km

U20 – Herren / Herren $4.4 + 5 \times 0.65 = 7.65$ km

