

distance: 18,4 km  
 altitude diff.: 1.575 m  
 ascents: 6  
 descents: 5  
 part on foot: 2

1. ascent   1° salita	2.088m - 2.650m	562m
1. descent   1° discesa	2.650m - 2.330m	-320m
2. ascent   2° salita	2.330m - 2.470m	140m
2. descent   2° discesa	2.470m - 2.270m	-200m
3. ascent   3° salita	2.270m - 2.730m	460m
3. descent   3° discesa	2.730m - 2.440m	-290m
4. ascent   4° salita	2.440m - 2.745m	305m
4. descent   4° discesa	2.745m - 2.320m	-425m
5. ascent   5° salita	2.320m - 2.420m	100m
5. descent   5° discesa	2.420m - 2.080m	-340m
6. ascent   6° salita	2.080m - 2.088m	8m
<b>Totale</b>		<b>1575Hm</b>



001

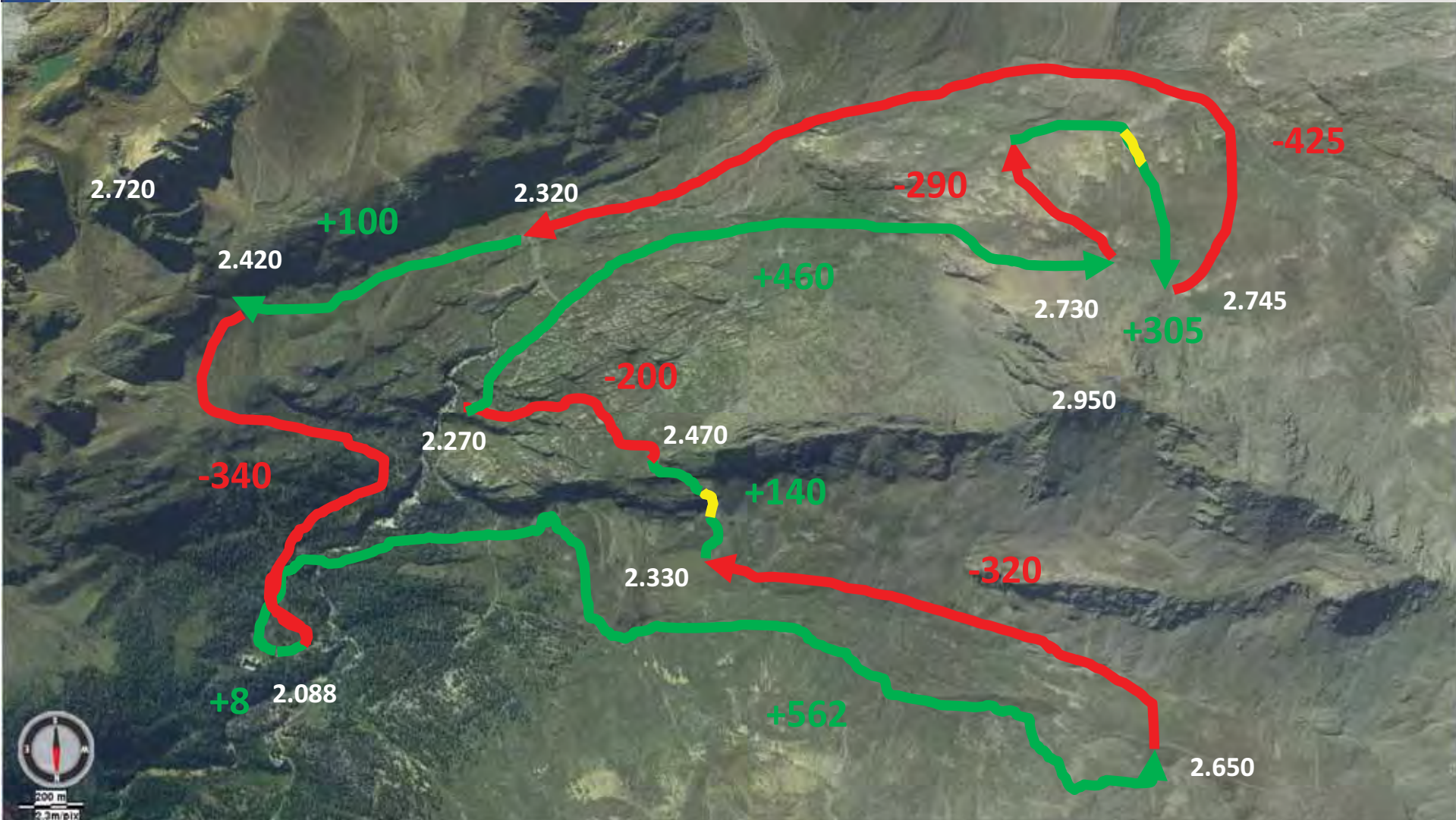
Long Route



# Long Route

# SENIOR/U23 MEN

001



ascent

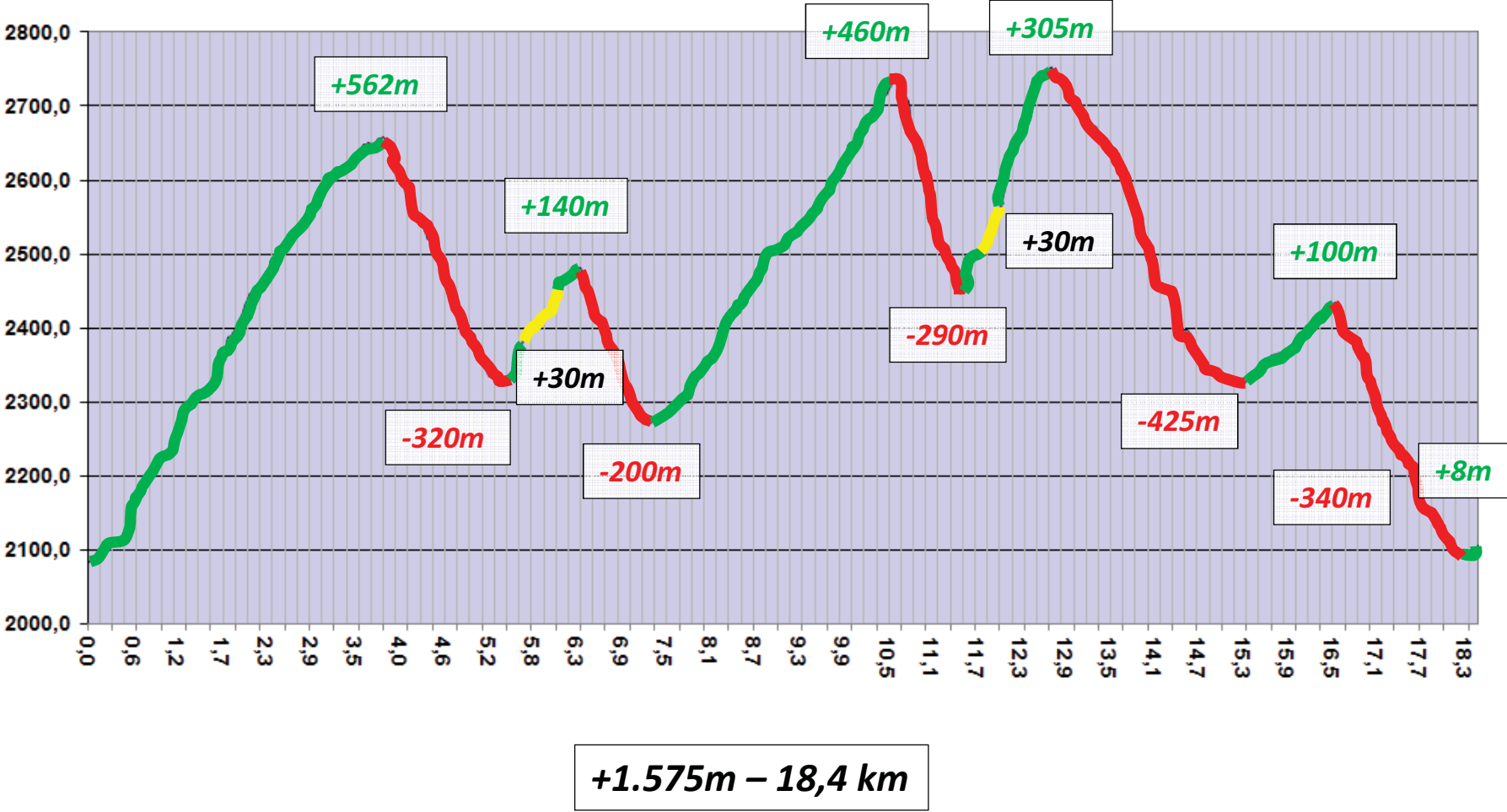


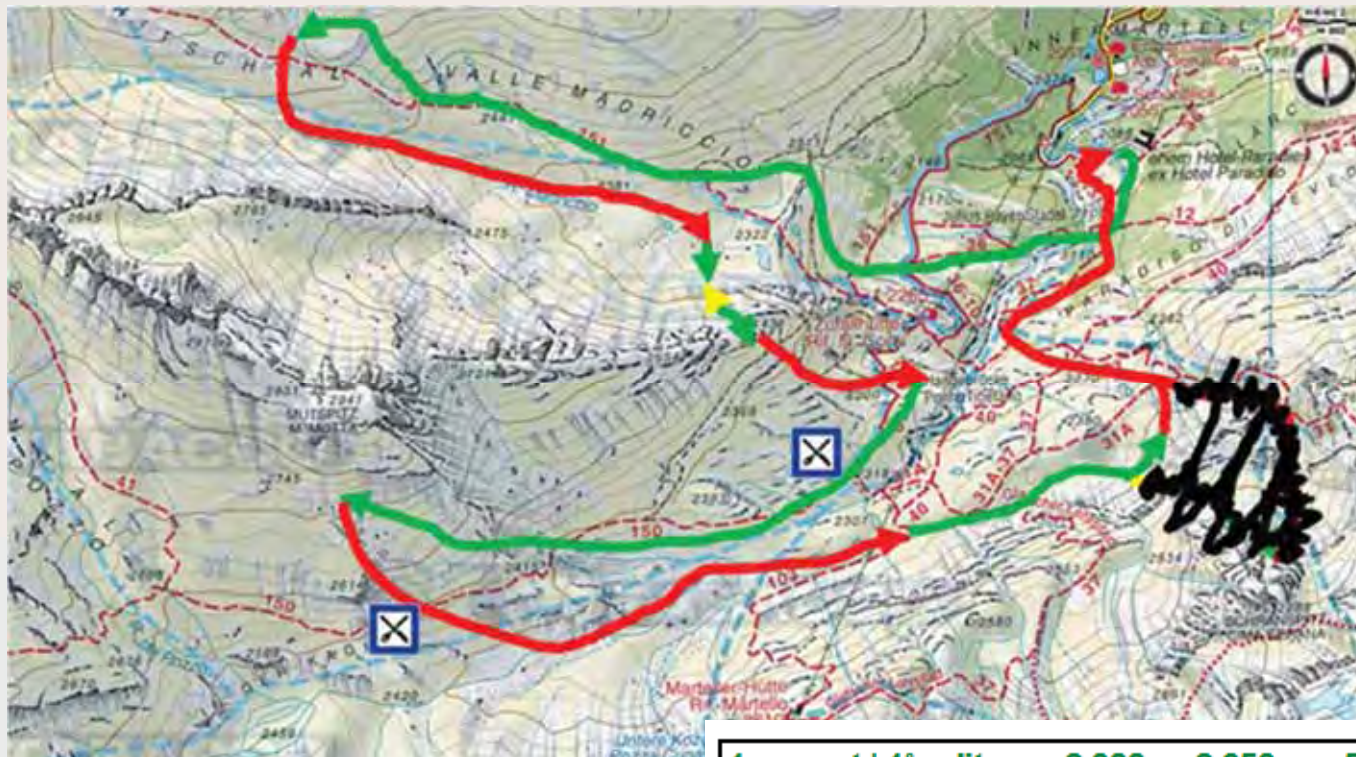
descent



part on foot

# Long Route: Differences in Altitude





distance: 15,4 km  
 altitude diff.: 1.270 m  
 ascents: 5  
 descents: 4  
 part on foot: 1

1. ascent   1° salita	2.088m - 2.650m	562m
1. descent   1° discesa	2.650m - 2.330m	-320m
2. ascent   2° salita	2.330m - 2.470m	140m
2. descent   2° discesa	2.470m - 2.270m	-200m
3. ascent   3° salita	2.270m - 2.730m	460m
3. descent   3° discesa	2.740m - 2.320m	-410m
4. ascent   4° salita	2.320m - 2.420m	100m
4. descent   4° discesa	2.420m - 2.080m	-340m
5. ascent   5° salita	2.080m - 2.088m	8m
<b>Totale</b>		<b>1270Hm</b>



001

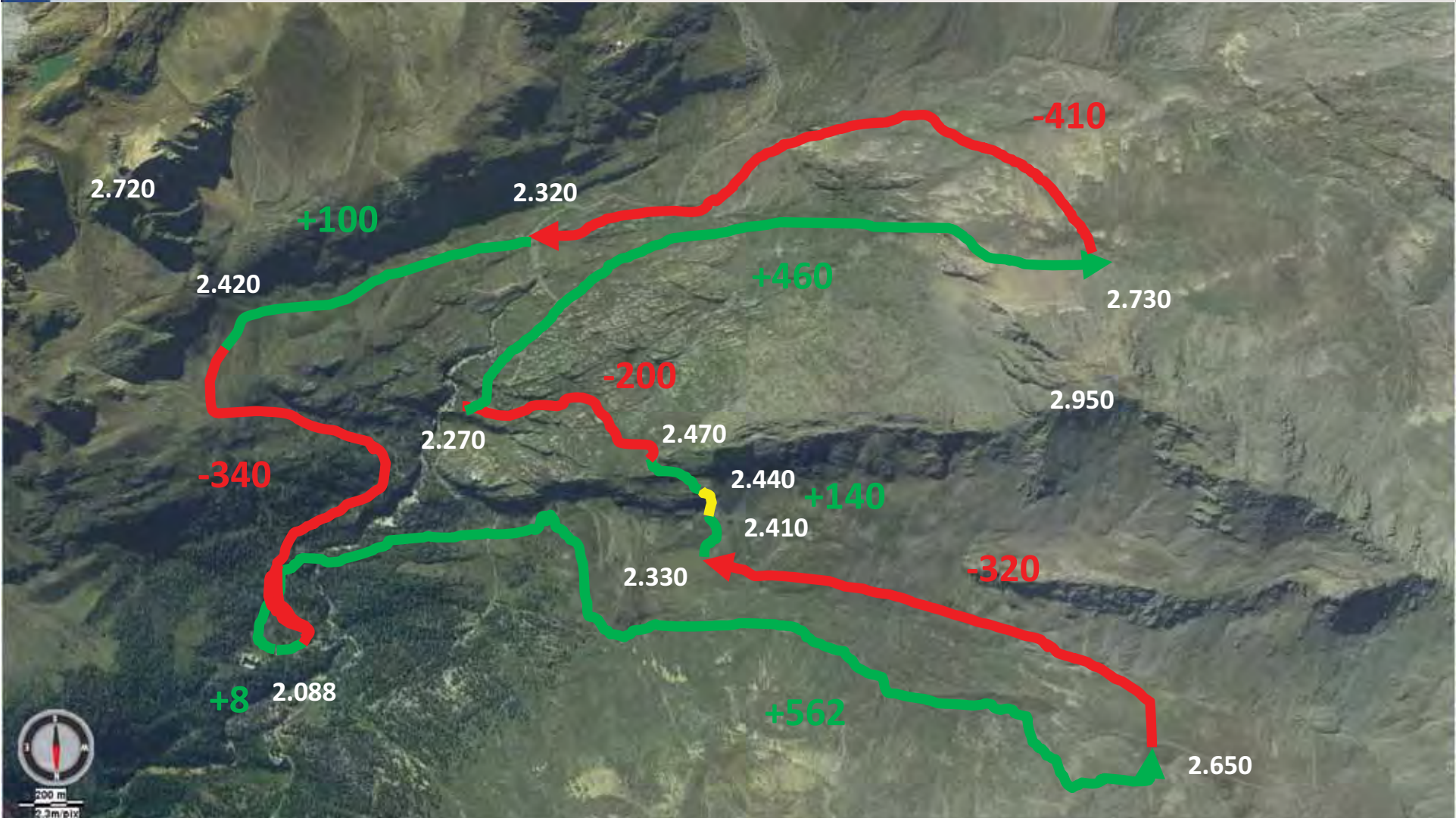
Middle Route



# Middle Route

SENIOR W, U23 W, U20 M

001



ascent

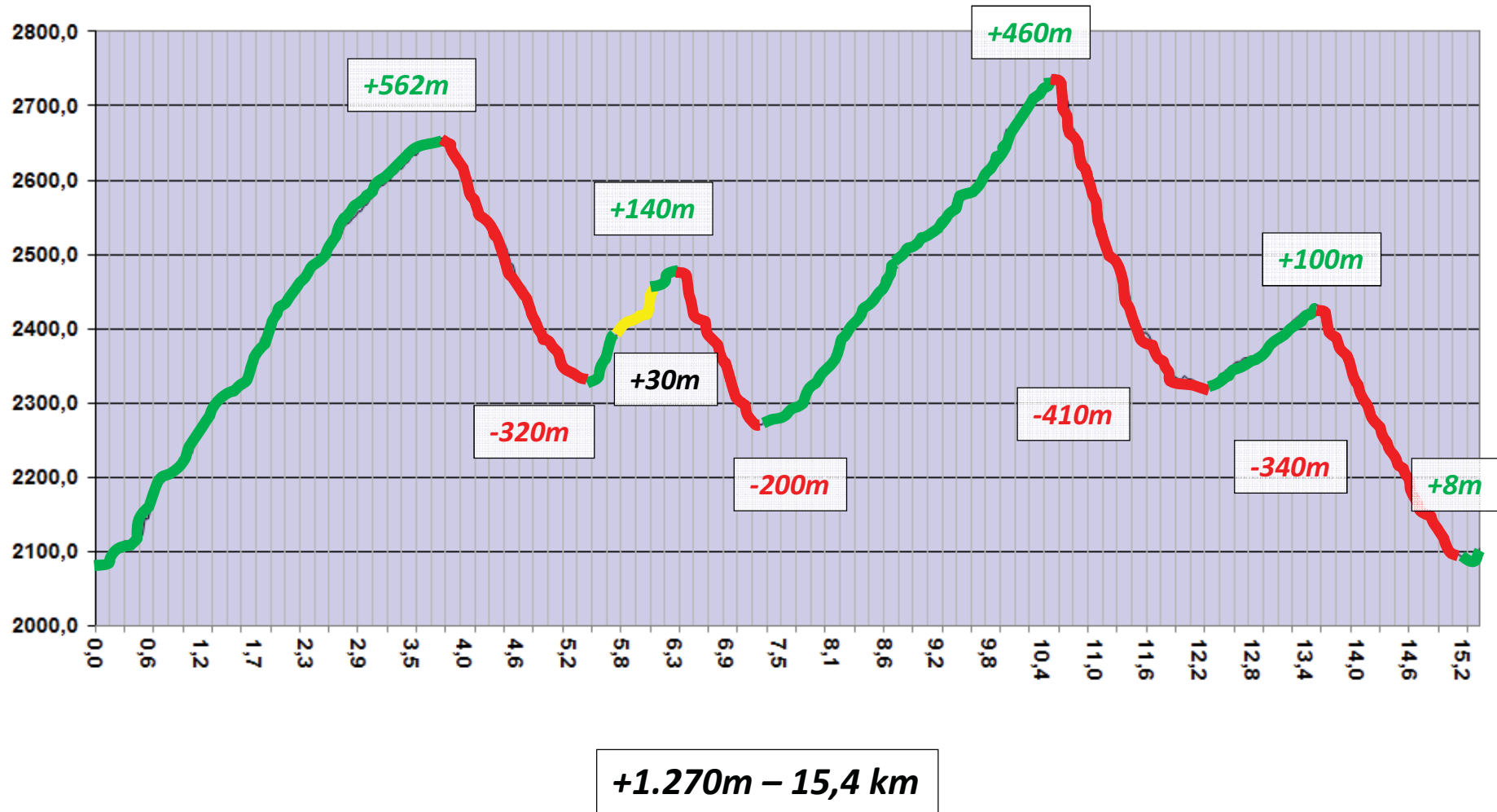


descent

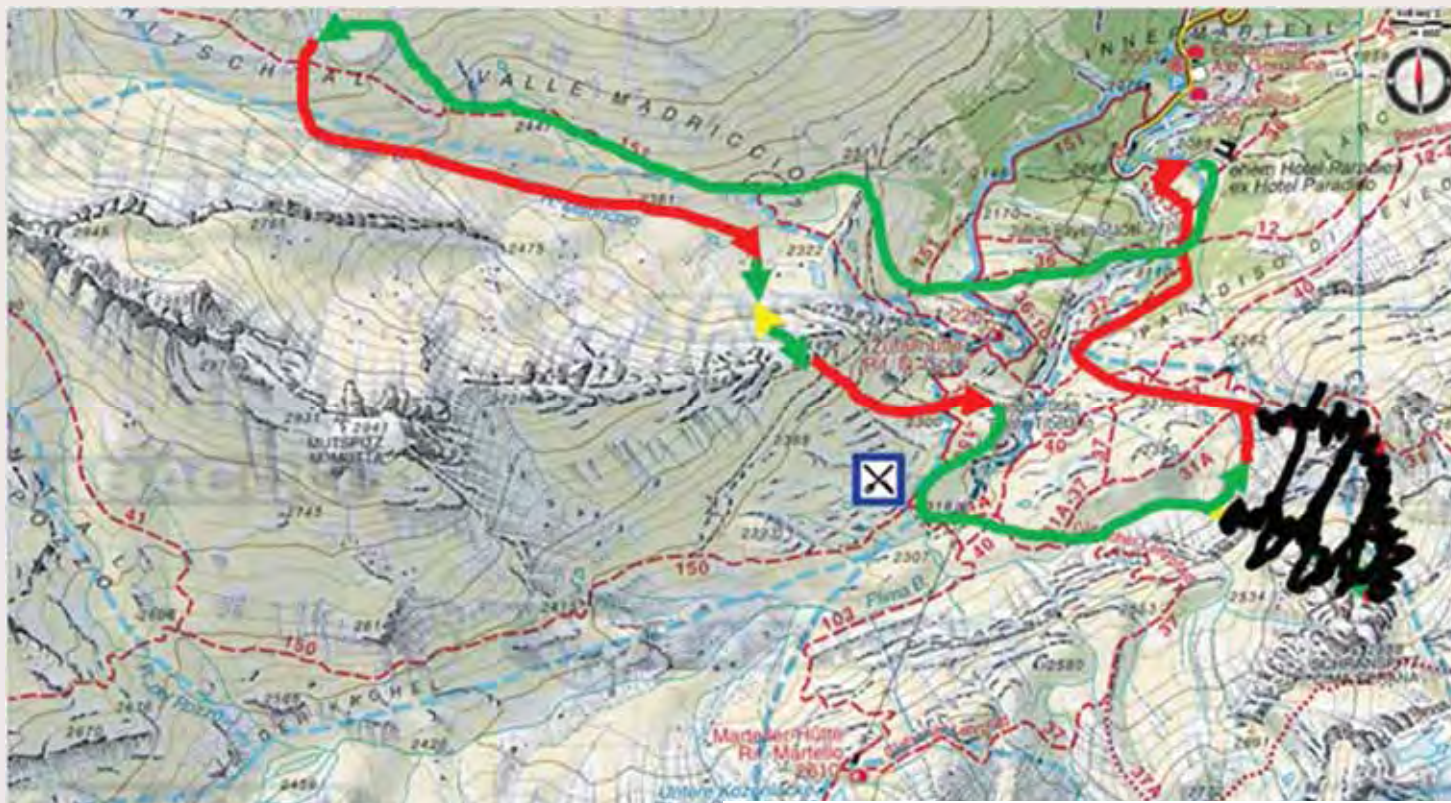


part on foot

# Middle Route: Differences in Altitude







distance: 10,5 km  
 altitude diff.: 860 m  
 ascents: 4  
 descents: 3  
 part on foot: 1

<b>1. ascent   1° salita</b>	<b>2.088m - 2.650m</b>	<b>562m</b>
<b>1. descent   1° discesa</b>	<b>2.650m - 2.330m</b>	<b>-320m</b>
<b>2. ascent   2° salita</b>	<b>2.330m - 2.470m</b>	<b>140m</b>
<b>2. descent   2° discesa</b>	<b>2.470m - 2.270m</b>	<b>-200m</b>
<b>3. ascent   3° salita</b>	<b>2.270m - 2.420m</b>	<b>150m</b>
<b>3. descent   3° discesa</b>	<b>2.420m - 2.080m</b>	<b>-340m</b>
<b>4. ascent   4° salita</b>	<b>2.080m - 2.088m</b>	<b>8m</b>
<b>Totale</b>		<b>860Hm</b>



001

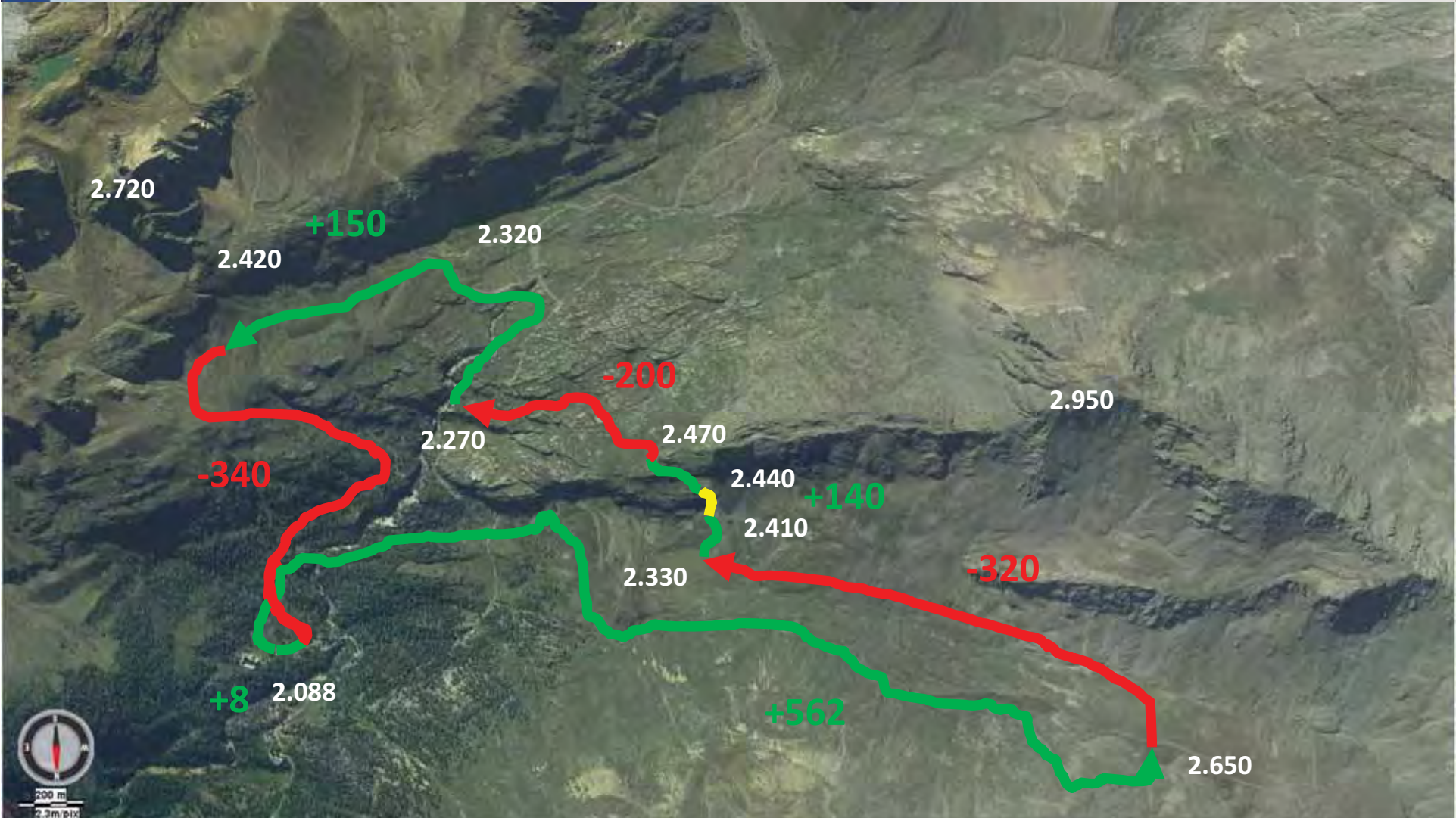
Short Route



# Short Route

# U20 WOMEN

001



ascent



descent



part on foot

# Short Route: Differences in Altitude

