

WOC2018 SELECTION RACE

LONG DISTANCE (08.07.2018)

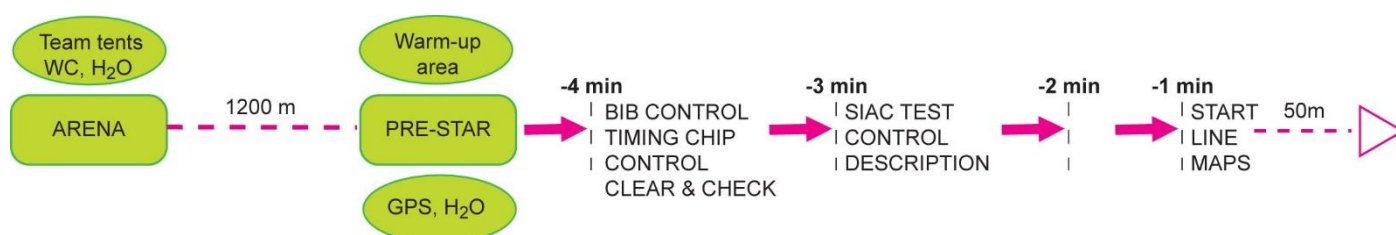
INFORMATION

MAP

Map digital printed on waterproof paper.

Map is inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain!

START PROCEDURES



COURSES:

Class	Length (km)	Controls	Climb	Winning time min.	Refreshment	Map scale	Contour interval (m)	Map size	Control description size (mm)
MEN 1	16.0	28	575	95-100	3	1:15 000	5	A4	50x170
MEN 2	16.1	28	575	95-100	3	1:15 000	5	A4	50x170
WOMEN 1	10.6	21	355	75-80	3	1:15 000	5	A4	50x145
WOMEN	10.5	21	355	75-80	3	1:15 000	5	A4	50x145

REFRESHMENTS

Water and ISOSTAR Isotonic sport drink LEMON FLAVOUR.

MEN: 3 refreshments points [30%, 60%, 90 % (arena/coach zone)]

WOMEN: 3 refreshments points [35%, 70%, 85% (arena/coach zone)]

Note: It is allowed to have your own refreshment at the arena passage (arena/coach zone).

Important information!

Courses are planned through populated area. Traffic IS NOT suspended and all participants must obey traffic rules when crossing streets or running along them. Look around before crossing roads!